

# Year 7

# Physical Education

Developed through a structured programme of activities.



## Term 1

1

- Winter Baseline Assessments
- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

## Term 2

2

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

## Term 3

3

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

## Term 4

4

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

## Term 5

5

- Summer Baseline Assessments
- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

On to Year 8

## Term 6

6

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

# Year 8

# Physical Education

Developed through a structured programme of activities.



## Term 1

- Winter Baseline Assessments
- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

## Term 2

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

## Term 3

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

## Term 4

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

## Term 5

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

On to Year 9

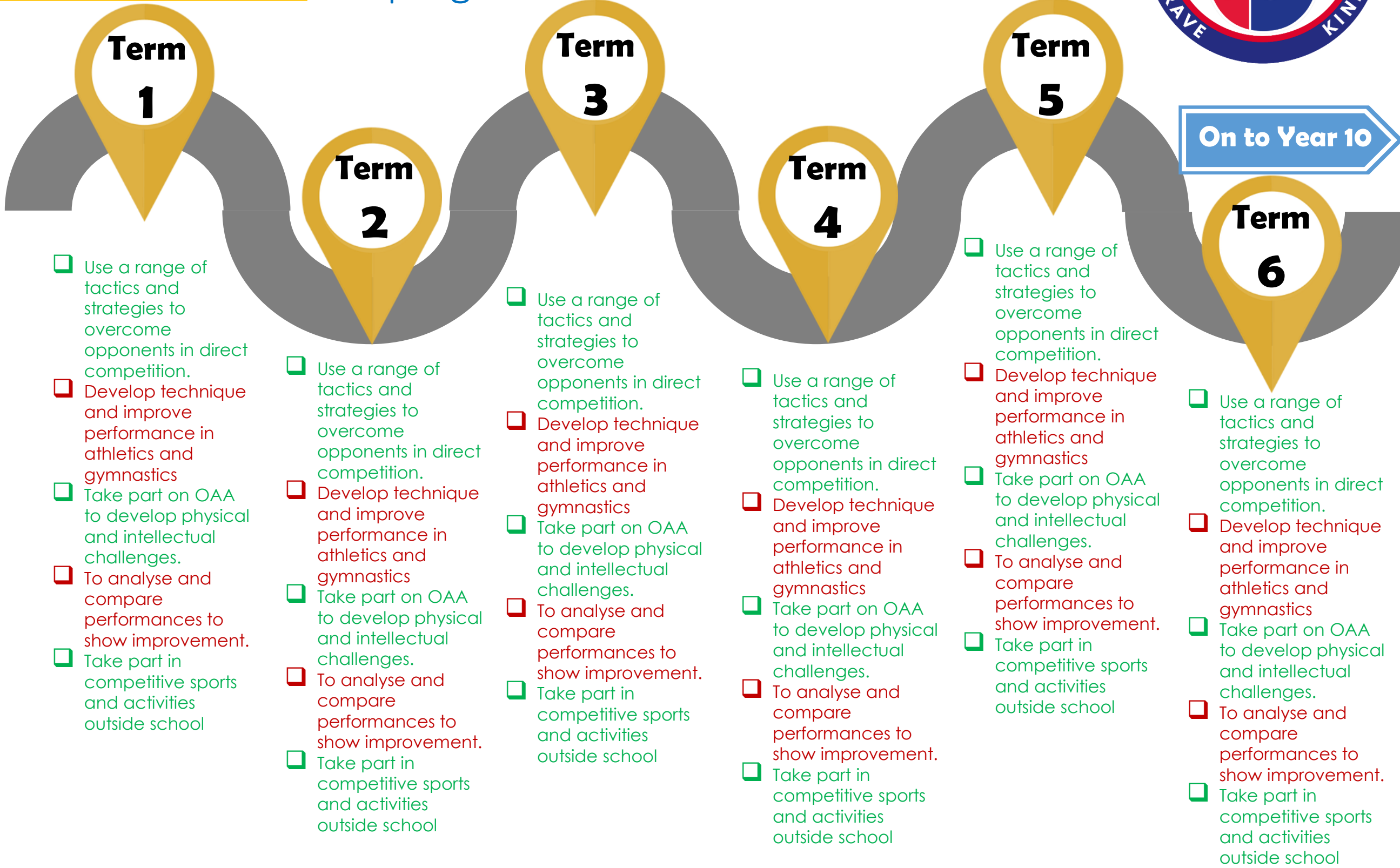
## Term 6

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

# Year 9

# Physical Education

Developed through a structured programme of activities.



## Term 1

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

## Term 2

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

## Term 3

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

## Term 4

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

## Term 5

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

## Term 6

- Use a range of tactics and strategies to overcome opponents in direct competition.
- Develop technique and improve performance in athletics and gymnastics
- Take part on OAA to develop physical and intellectual challenges.
- To analyse and compare performances to show improvement.
- Take part in competitive sports and activities outside school

On to Year 10

# Year 10

# Physical Education

Developed through a structured programme of activities.



## Term 1

- Develop a range of tactics and strategies to overcome opponents in direct competition
- Develop their technique and improve their performance in trampolining and athletics
- Take part in OAA which present intellectual and physical challenges and work in a team
- Analyse performance compared to previous ones to demonstrate improvement
- Take part in competitive sports and activities outside school.

## Term 2

- Develop a range of tactics and strategies to overcome opponents in direct competition
- Develop their technique and improve their performance in trampolining and athletics
- Take part in OAA which present intellectual and physical challenges and work in a team
- Analyse performance compared to previous ones to demonstrate improvement
- Take part in competitive sports and activities outside school.

## Term 3

- Develop a range of tactics and strategies to overcome opponents in direct competition
- Develop their technique and improve their performance in trampolining and athletics
- Take part in OAA which present intellectual and physical challenges and work in a team
- Analyse performance compared to previous ones to demonstrate improvement
- Take part in competitive sports and activities outside school.

## Term 4

- Develop a range of tactics and strategies to overcome opponents in direct competition
- Develop their technique and improve their performance in trampolining and athletics
- Take part in OAA which present intellectual and physical challenges and work in a team
- Analyse performance compared to previous ones to demonstrate improvement
- Take part in competitive sports and activities outside school.

## Term 5

- Develop a range of tactics and strategies to overcome opponents in direct competition
- Develop their technique and improve their performance in trampolining and athletics
- Take part in OAA which present intellectual and physical challenges and work in a team
- Analyse performance compared to previous ones to demonstrate improvement
- Take part in competitive sports and activities outside school.

On to Year 11

## Term 6

- Develop a range of tactics and strategies to overcome opponents in direct competition
- Develop their technique and improve their performance in trampolining and athletics
- Take part in OAA which present intellectual and physical challenges and work in a team
- Analyse performance compared to previous ones to demonstrate improvement
- Take part in competitive sports and activities outside school.

# Year 11

# Physical Education

Developed through a programme of optional activities.



## Term 1

- Develop a range of tactics and strategies to overcome opponents in direct competition
- Develop their technique and improve their performance in trampolining and athletics
- Take part in OAA which present intellectual and physical challenges and work in a team
- Analyse performance compared to previous ones to demonstrate improvement
- Take part in competitive sports and activities outside school.

## Term 2

- Develop a range of tactics and strategies to overcome opponents in direct competition
- Develop their technique and improve their performance in trampolining and athletics
- Take part in OAA which present intellectual and physical challenges and work in a team
- Analyse performance compared to previous ones to demonstrate improvement
- Take part in competitive sports and activities outside school.

## Term 3

- Develop a range of tactics and strategies to overcome opponents in direct competition
- Develop their technique and improve their performance in trampolining and athletics
- Take part in OAA which present intellectual and physical challenges and work in a team
- Analyse performance compared to previous ones to demonstrate improvement
- Take part in competitive sports and activities outside school.

## Term 4

- Develop a range of tactics and strategies to overcome opponents in direct competition
- Develop their technique and improve their performance in trampolining and athletics
- Take part in OAA which present intellectual and physical challenges and work in a team
- Analyse performance compared to previous ones to demonstrate improvement
- Take part in competitive sports and activities outside school.

## Term 5

- Develop a range of tactics and strategies to overcome opponents in direct competition
- Develop their technique and improve their performance in trampolining and athletics
- Take part in OAA which present intellectual and physical challenges and work in a team
- Analyse performance compared to previous ones to demonstrate improvement
- Take part in competitive sports and activities outside school.