



New Seaham Academy - PE Scheme of Work



Intent

At New Seaham Academy we offer a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Children have opportunities to compete in sport and other activities to build character and help to embed values such as fairness and respect.

Personal Development

At New Seaham Academy, we believe that physical education gives children opportunities to develop as a person as well as physically. Children learn skills such as leadership, resilience, enjoyment, commitment, confidence, thinking and decision making, self-esteem, team work and communication. These skills are fundamental to the not only sport but life.

Aims for all children

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Key Stage 1

Children develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

End Points for Key Stage 1

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

In Key Stage 2

Children continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. Children are encouraged to enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

End Points for Key Stage 2

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Class 2			
Term	Activity / Objectives	PE - Specific Language	NC Objectives
Autumn	Dance - Themes and Dreams <ul style="list-style-type: none"> Copies and explores basic movements and body patterns Remembers most simple movements and dance steps Links movements to sounds and music. Responds to range of stimuli 	Travel Stillness Direction Space Body parts Beginning, Middle and End Moods and Feelings	perform dances using simple movement patterns.
Autumn	Games (Invasion games or Net/Wall games) <ul style="list-style-type: none"> Can travel in a variety of ways including running and jumping. Beginning to develop hand-eye coordination Participates in simple games 	travel hand-eye coordination run jump rules	participate in team games, developing simple tactics for attacking and defending
Spring	Gymnastics <ul style="list-style-type: none"> Copies and explores basic movements with some control and coordination. Can perform different body shapes Performs at different levels Can perform 2 footed jump Can use equipment safely Balances with some control Can link 2-3 simple movements 	balance jump travel body shape levels Control movement	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Spring	Games (Throwing / Catching, Striking / Fielding) <ul style="list-style-type: none"> Beginning to perform a range of throws. Receives a ball with basic control Performs a variety of throws with basic control. To throw under arm accurately. 	under arm throw over arm throw aim accurate	participate in team games, developing simple tactics for attacking and defending
Summer	Athletics (Jumping Events) - Long Jump <ul style="list-style-type: none"> Can jump from a standing position Can jump while running Can compare my distance to myself and others 	take off landing arm position	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Summer	Athletics (Running Events) - 50m / 100m <ul style="list-style-type: none"> Can non-stop for 1 minutes Can run at different speeds. Can race against self competitively 	slow fast arm position	

Class 3			
Term	Activity / Objectives	PE Vocabulary	NC Objectives
Autumn	Dance - Moving Along <ul style="list-style-type: none"> • Copies and explores basic movements and body patterns with some control. • Remembers all simple movements and dance steps. • Add change of direction to a sequence • Links movements to sounds and music. • Responds appropriately to range of stimuli (Slow dance to slow music etc) • Work with peers to create simple motifs. 	Speed Direction Expression Body Control Space Sequence Repeating Linking	perform dances using simple movement patterns.
Autumn	Games (Net/Wall, Invasion games) <ul style="list-style-type: none"> • Can participate in game, following simple rules. • Can show some hand-eye coordination • Beginning to develop communication skills with team mates. • Understands how to use space. • Develop skills of ball handling for others to attack. • Beginning to understand attacking and defending. 	hand-eye coordination communication rules space attack defend	participate in team games, developing simple tactics for attacking and defending
Spring	Gymnastics <ul style="list-style-type: none"> • Copies and explores basic movements with some control and coordination. • Can perform different body shapes • Performs at different levels • Can perform 2 footed jump and land in control • Can balance with control • Can link simple, movements together in unison with a partner. 	balance jump body shape levels Control movement linking unison	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Spring	Games (Throwing / Catching, Striking / Fielding) <ul style="list-style-type: none"> • Begin to strike a ball using a range of equipment • Can participate in game, following simple rules. • Can show some hand-eye coordination • Beginning to develop communication skills with team mates. • Understands how to use space. 	strike hand-eye coordination communication space rules techniques catching	participate in team games, developing simple tactics for attacking and defending

	<ul style="list-style-type: none"> • Beginning to understand attacking and defending. • Develop a range of throwing techniques. • Develop technique of catching. 	attacking defending	
Summer	Athletics (Throwing Events) <ul style="list-style-type: none"> • Begin to learn technique of shot put and javelin • Begin develop skill of run up to a throw. • Can use equipment safely. 	technique push over arm rules aim	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Summer	Athletics (Running and Jumping Events) <ul style="list-style-type: none"> • Can run non-stop for 2 minutes • Can change speed and direction whilst running. • Can race against self and others competitively. 	direction agility racing competitive resilience	

Class 4			
Term	Activity / Objectives	Key Vocabulary	NC Objectives
Autumn	Dance - Cat Dance <ul style="list-style-type: none"> Copies and explores basic movements with clear control. Varies levels and speed in sequence. Can vary the size of their body shapes Uses space well and negotiates space clearly. Can describe a short dance using appropriate vocabulary. Responds imaginatively to stimuli. Work effectively with peers to create simple motifs. 	stimuli control coordination communicating feelings and moods linking levels speed expression feedback performing	perform dances using simple movement patterns.
Autumn	Games (Net/Wall, Invasion games) <ul style="list-style-type: none"> Confident to send the ball to others in a range of ways. Beginning to apply and combine a variety of skills (to a game situation) Develop strong spatial awareness. Beginning to develop own games with peers. Understand the importance of rules in games. Develop simple tactics and use them appropriately. Beginning to develop an understanding of attacking/defending 	send technique apply combine skills spatial awareness rules tactics attacking and defending	participate in team games, developing simple tactics for attacking and defending
Spring	Gymnastics <ul style="list-style-type: none"> Explores and creates different pathways and patterns. Can balance in a variety of ways with control Uses equipment in a variety of ways to create a sequence Link movements together to create a sequence 	pathways patterns sequence control rolling link movements	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Spring	Games (Throwing / Catching, Striking / Fielding) <ul style="list-style-type: none"> Confident to send the ball to others in a range of ways. Beginning to apply and combine a variety of skills (to a game situation) Develop strong spatial awareness. Beginning to develop own games with peers. Understand the importance of rules in games. Develop simple tactics and use them appropriately. 	send technique apply combine skills spatial awareness rules tactics	participate in team games, developing simple tactics for attacking and defending

	<ul style="list-style-type: none"> Beginning to develop an understanding of attacking/defending 	attacking and defending.	
Summer	<u>Karate with Sensei John</u> <ul style="list-style-type: none"> To develop flexibility, balance and stamina To promotes cardiovascular fitness To develop strength of large muscle groups(gross motor coordination) <ul style="list-style-type: none"> To improve whole body mobility To develop strength of character To develop well balanced mind and body To promote calmness, positivity, discipline and self control To learn to improve self esteem and respect 	Katas (routines with blocks, kicks and strikes) blocks kicks punches strike kumite (a series of sparring and partner work)	develop flexibility, strength, technique, control and balance
Summer	Athletics (Running and Jumping Events) - Hurdles <ul style="list-style-type: none"> Can run at an appropriate speed for the distance (pacing) Can jump from a standing position with accuracy. Can run and jump simultaneously. Can race against self and others competitively. Athletics (Throwing Events) <ul style="list-style-type: none"> Performs a variety of throws with control and co-ordination. preparation for shot put and javelin Can use equipment safely 	pacing accuracy control balance standing position competitively control coordination preparation push effort	develop flexibility, strength, technique, control and balance use running, jumping, throwing and catching in isolation and in combination

Class 5			
Term	Activity / Objectives	Key Vocabulary	NC Objectives

Autumn	<p>Multi - Games with Angela (teacher (SR) to shadow)</p> <ul style="list-style-type: none"> To follow instructions - verbal & non verbal To engage in sustained activity To develop spatial awareness To develop gross and fine motor skills To develop fundamental movement skills - running, jumping, skipping, galloping To compete against self and others To learn to take turns and listen to other 	<p>activity verbal communication non verbal communication spatial awareness movement compete listening</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>
Autumn	<p>Dance - Machines</p> <ul style="list-style-type: none"> Beginning to improvise independently and with peers to create a simple dance. Translates ideas from stimuli into movement with support. Beginning to compare and adapt movements and motifs to create a larger sequence. Uses simple dance vocabulary to compare and improve work. 	<p>action space relationship formation repeat follow lead unison canon motif improvisation</p>	<p>♣ perform dances using a range of movement patterns</p>
Spring	<p><u>Games (Net/Wall, Invasion games) - Netball</u></p> <ul style="list-style-type: none"> Understands tactics and composition by starting to vary how they respond. Vary skills, actions and ideas and link these in ways that suit the games activity. Beginning to communicate with others during game situations. Uses skills with co-ordination and control. Beginning to understand how to compete with each other in a controlled manner. Develop skills of using different tactics for a purpose. 	<p>tactics leader / captain skills communicating coordination control competing chest pass feint pass shoulder pass pivot attacking defending contact hoop marking rebound</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>

Spring	<p><u>Dodgeball</u></p> <ul style="list-style-type: none"> To become familiar with new equipment. To build ball control skills (throwing and catching). To develop understanding of the rules of dodgeball.. To throw over arm using T L Boom technique. To aim at a static and moving target To develop dodging techniques (dip/duck, twist, jump). To develop defending techniques (cushioning & deflecting). To work as a team to win. To develop good sportsmanship. 	<p>throwing catching cushioning rules boom technique over arm static moving twist jump deflecting sportsmanship</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>
Spring	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Applies compositional ideas independently and with others to create a sequence. Describes their own work using simple gym vocabulary. Beginning to notice similarities and differences between sequences. Uses turns whilst travelling in a variety of ways. Beginning to show flexibility in movements 	<p>create sequence similarities differences travelling flexibility arch</p>	<p>develop flexibility, strength, technique, control and balance</p>
Summer	<p><u>Karate with Sensei John</u></p> <ul style="list-style-type: none"> To develop flexibility, balance and stamina To promotes cardiovascular fitness To develop strength of large muscle groups(gross motor coordination) To improve whole body mobility To develop strength of character To develop well balanced mind and body To promote calmness, positivity, discipline and self control To learn to improve self esteem and respect 	<p>Katas (routines with blocks, kicks and strikes) blocks kicks punches strike kumite (a series of sparring and partner work)</p>	<p>develop flexibility, strength, technique, control and balance</p>
Summer	<p><u>Athletics (Running and Jumping Events)</u></p> <ul style="list-style-type: none"> Beginning to run at speeds appropriate for the distance. <i>e.g. sprinting and cross country</i> 	<p>pacing competitive resilience endurance upper arm</p>	<p>develop flexibility, strength, technique, control and balance</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>

	<ul style="list-style-type: none"> • Can perform a running jump with some accuracy (Long Jump) Athletics (Throwing Events) <ul style="list-style-type: none"> • Performs a variety of throws using a selection of equipment. • Can use equipment safely and with good control. • Explore different techniques for throwing equipment. 	lower arm angle of throw control	
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Class 6			
Term	Activity / Objectives	Key Vocabulary	NC Objectives
Autumn	Games (Net/Wall, Invasion games) - Badminton <ul style="list-style-type: none"> • Begin to show how effective communication during team games. • Show an understanding of wanting to win. • Able to use skills to complete effectively. • Begin to develop some rules of their own to games. • Works well in a group to develop various games. • Use different tactics for a purpose. 	racquet serving ace hand-eye coordination forecourt backcourt smash drop shot lob rally	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Autumn	<p><u>Karate with Sensei John</u></p> <ul style="list-style-type: none"> · To develop flexibility, balance and stamina · To promotes cardiovascular fitness <p>To develop strength of large muscle groups(gross motor coordination)</p> <ul style="list-style-type: none"> · To improve whole body mobility · To develop strength of character · To develop well balanced mind and body · To promote calmness, positivity, discipline and self control · To learn to improve self esteem and respect 	<p>Katas (routines with blocks, kicks and strikes)</p> <p>blocks</p> <p>kicks</p> <p>punches</p> <p>strike</p> <p>kumite (a series of sparring and partner work)</p>	<p>develop flexibility, strength, technique, control and balance</p>
Spring	<p>Gymnastics</p> <ul style="list-style-type: none"> • Copies, explores and remembers a variety of movements and uses these to create their own sequence. • Beginning to develop good technique when travelling, balancing, using equipment etc 	<p>balance</p> <p>flexibility</p> <p>strength</p> <p>core</p> <p>technique</p> <p>control</p> <p>planted</p> <p>travelling</p>	<p>develop flexibility, strength, technique, control and balance</p>
Spring	<p>Games (Throwing / Catching, Striking / Fielding) - Tri Golf</p> <ul style="list-style-type: none"> • Throw and strike accurately towards a target. • Show control when striking. • Show respect to others. • Work together as a team effectively. • Model effectively to show own game. • Use different tactics for a purpose. <p>Tri Golf Manual will support planning lessons. See PE Lead.</p>	<p>putting</p> <p>striking</p> <p>lay up</p> <p>chipping</p> <p>Driving</p> <p>tactics</p> <p>pendulum swing</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>

Summer	<p>Athletics (Throwing Events)</p> <ul style="list-style-type: none"> • Performs a variety of throws using a selection of equipment. • Can use equipment safely and with good control. • Begin to use correct technique to throw equipment. • Can compete with themselves to create a PB. 	flexibility technique control safety personal best compete over arm throw javelin Shot putt	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Summer	<p>Games (Throwing / Catching, Striking / Fielding) - Dodgeball</p> <ul style="list-style-type: none"> • To show competent officiating skills. • Using anticipation, when aiming and distance control when throwing • Use equipment in new and inventive ways to get desired outcomes. • Use effective communication skills to win. • To fluently use a range of skills in combination. (running, throwing, catching etc.) • Show a will to win and encourage / inspire other teammates. • Invent new rules and games based on a sport. • Create new and inventive tactics to show how they can win. 	rules overarm throw control catch tactics aim dodging deflection face shot head shot thrower catcher	use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Class 7			
Term	Activity / Objectives	Key Vocabulary	NC Objectives
Autumn	<p>Dance - Indian Delight - In the style of Bollywood.</p> <ul style="list-style-type: none"> designing and performing their own warm-ups composing, developing and adapting dance phrases using linking movements to ensure fluency varying the order, timing, speed and direction of movements performing skills and movement patterns accurately working cooperatively with others describing and suggesting ways to improve their own and others' dance 	<p>Improvising Composing Adapting Developing Dance Phrase Linking Order Time Speed Direction Cooperatively Feedback</p>	<p>♣ perform dances using a range of movement patterns</p>
Autumn	<p>Games (Throwing / Catching, Striking / Fielding) - Dodgeball with Angela</p> <ul style="list-style-type: none"> To become familiar with new equipment To build ball control skills (throwing and catching) To develop understanding of the rules To throw over arm using T L Boom technique To aim at a static and moving target To develop dodging techniques (dip/duck, twist, jump) To develop defending techniques (cushioning & deflecting) To work as a team to win To develop good sportsmanship 	<p>throwing catching cushioning rules boom technique over arm static moving twist jump deflecting sportsmanship</p>	<p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>
Spring	<p>Karate</p> <ul style="list-style-type: none"> develop flexibility, balance and stamina promote cardiovascular fitness and strength of large muscle groups (gross motor coordination) improve mobility Develop strength of character develop well balanced mind and body 	<p>Katas (routines with blocks, kicks and strikes) blocks kicks punches strike</p>	<p>develop flexibility, strength, technique, control and balance</p>

	<ul style="list-style-type: none"> Promote calmness, positivity, discipline and self control Improve self esteem and respect 	kumite (a series of sparring and partner work)	
	<p>Team Games (Skip fit)</p> <ul style="list-style-type: none"> perform a range of throws with accuracy catch a range of throws with consistency work together to score points, making sure to include all players develop and apply defensive skills to a game find space to receive and support understand what to think about when the team has and hasn't got the ball plan ideas and tactics to achieve success play small-sided games independently and fairly 		<p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>
Spring	<p>Gymnastics</p> <ul style="list-style-type: none"> Select and combine their skills, techniques and ideas. Apply combined skills accurately and appropriately, consistently showing precision, control and fluency. Draw on what they know about strategy, tactics and composition when performing and evaluating. Analyse and comment on skills and techniques and how these are applied in their own and others' work. Uses more complex gym vocabulary to describe how to improve and refine performances. Links skills with control, technique, co-ordination and fluency. Understands composition by performing more complex sequences 	<p>Balance</p> <p>bounce</p> <p>dismount</p> <p>sequence</p> <p>control</p> <p>precision</p> <p>fluency</p> <p>landing</p> <p>twist</p>	<p>develop flexibility, strength, technique, control and balance</p>
Summer	<p>OAA (Orienteering)</p> <ul style="list-style-type: none"> To work together in small groups, developing problem-solving skills. Communicate clearly with others. To navigate around a space with growing confidence. 	<p>bearing</p> <p>control</p> <p>pace counting</p> <p>compass</p> <p>communicate</p> <p>problem solving</p>	<p>take part in outdoor and adventurous activity challenges both individually and within a team</p>

	<ul style="list-style-type: none"> • Create and change a short trial which physically challenges others. • To read a map with increasing accuracy and confidence and within a time limit. • To create symbols that are effective for map-reading. 	collaboration symbols	
Summer	<p>Athletics (Running, Jumping and Throwing Events)</p> <ul style="list-style-type: none"> • To use correct technique to throw equipment. • Can compete with themselves and others to create a PB. • Begin to use technique to jump over obstacles while running. • To use correct technique to practice a range of jumps while running (long Jump and Triple Jump). 	hop skip jump over arm throw technique pivot lead foot jump leap landing take off hurdle	<p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>

Class 8			
Term	Activity / Objectives	Key Vocabulary	NC Objectives
Autumn	<p>Games (Net/Wall, Invasion games) - Basketball</p> <ul style="list-style-type: none"> • To begin to show officiating skills. • Show effective captaincy skills and listening skills during team games. • Participate safely by following rules and techniques. 	jump shot backboard basket bounce block	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>♣ play competitive games, modified where appropriate [for example,</p>

	<ul style="list-style-type: none"> To fluently use a range of skills in combination. (running, throwing, catching etc.) Create own tactics to show how they can win. Show a will to win and encourage teammates. Change rules to games and show an awareness of how to make games harder or easier. Create and change tactics to show how they can win. 	chest pass dribbling drive foul free throw overhead pass rebound slam dunk travelling	badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Autumn	Handball with Angela (Games - Throwing / Catching, Striking / Fielding) <ul style="list-style-type: none"> To become familiar with new equipment To develop understanding of the rules of handball To develop ball handling skills To pass using one hand (high arm) To pass using a bounce pass To find space To catch - high, low, 'w catch' To dribble the ball (steps, dribble, steps) with purpose and accuracy To develop defence skills To develop team work and co-operation To play independently without teacher intervention To compete against others To develop sportsmanship 	handball one arm high arm bounce pass space w catch high catch low catch dribble accuracy defence skills cooperation team work independently compete sportsmanship.	use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Spring	Games (Net/Wall, Invasion games) - Rugby (Tag) <ul style="list-style-type: none"> Show effective communication during team games. Participate safely by following rules and techniques. Use taught skills effectively (such as running, throwing, catching etc) Show a will to win and compete. Develop own rules to games and change if necessary. Create own tactics to show how they can win. 	Attack defend dangerous play tag tactics backward pass forward pass foul try	use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

		ruck touch	
Spring	<p>Gymnastics</p> <ul style="list-style-type: none"> Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions. Beginning to perform difficult actions, with an emphasis on extension, clear body shape and changes in direction. Able to evaluating own performance focussing on technique. Links skills with control, technique, co-ordination and fluency. 	<p>Balance bounce dismount sequence control precision fluency landing twist evaluation coordination speed levels direction extension body shape</p>	<p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p>
Summer	<p>Games (Throwing / Catching, Striking / Fielding) - Dodgeball</p> <ul style="list-style-type: none"> To show competent officiating skills. Using anticipation, when aiming and distance control when throwing Use equipment in new and inventive ways to get desired outcomes. Use effective communication skills to win. To fluently use a range of skills in combination. (running, throwing, catching etc.) Show a will to win and encourage / inspire other teammates. Invent new rules and games based on a sport. Create new and inventive tactics to show how they can win. 	<p>rules overarm throw control catch tactics aim dodging deflection face shot head shot thrower catcher</p>	<p>use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>
Summer	<p>Swimming</p> <ul style="list-style-type: none"> To perform a range of floats on their front and back (star, mushroom). 	<p>Front paddle Back paddle body position</p>	<p>§ swim competently, confidently and proficiently over a distance of at least 25 metres</p>

	<ul style="list-style-type: none"> To perform a push and glide using the correct technique on their front and back. To perform safe self rescue in different situations To swim front crawl for 25m To swim back stroke for 25m To swim breaststroke for 25m 	leg action arm action breathing timing buoyancy propulsion orientation push glide rotation coordination streamlined front crawl breaststroke back stroke floating diving self-rescue	§ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ♣ perform safe self-rescue in different water-based situations
Summer	Athletics (Running and Jumping Events) <ul style="list-style-type: none"> To use correct technique to run and jump and begin to analyse technique to perfect it. Can compete with themselves and others to create a PB. To begin to officiate events. Athletics (Throwing Events) <ul style="list-style-type: none"> To use correct technique to throw a range of equipment and begin to analyse technique to perfect it. Can compete with themselves and others to create a PB. To begin to officiate events. 	speed agility run jump take off leap technique pacing analyse technique run up release trajectory officiate technique	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] use running, jumping, throwing and catching in isolation and in combination. compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Class 9

Term	Activity / Objectives	Key Vocabulary	NC Objectives
Autumn	<p><u>Junior Leaders with Angela (Games)</u></p> <ul style="list-style-type: none"> • Understand what it means to be a leader and demonstrate these qualities • Understand what it means to be a good participant • Understand effective ways to organise groups • Understand how to achieve maximum involvement and why it's important • Make decisions independently and modify activities that aren't working • Understand and demonstrate how to effectively use verbal and non-verbal communication skills • To select appropriate equipment for a task • To select appropriate spaces in which groups can work safely • Develop confidence when speaking in front of a group • Be able to organise and develop creative activities that groups will enjoy 	<p>organisation leader qualities involvement modify demonstrate non-verbal verbal confidence communication participation</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>
Autumn	<p><u>Karate with Sensei John</u></p> <ul style="list-style-type: none"> · To develop flexibility, balance and stamina · To promotes cardiovascular fitness 	<p>Taught by Sensei John</p>	<p>develop flexibility, strength, technique, control and balance</p>

	<p>To develop strength of large muscle groups(gross motor coordination)</p> <ul style="list-style-type: none"> · To improve whole body mobility · To develop strength of character · To develop well balanced mind and body · To promote calmness, positivity, discipline and self control · To learn to improve self esteem and respect 		
Spring	<p>Swimming</p> <ul style="list-style-type: none"> • To perform a range of floats on their front and back (star, mushroom). • To perform a push and glide using the correct technique on their front and back. • To perform safe self rescue in different situations • To swim front crawl for 25m • To swim back stroke for 25m • To swim breaststroke for 25m 	<p>Front paddle Back paddle body position leg action arm action breathing timing buoyancy propulsion orientation push glide rotation coordination streamlined front crawl breaststroke back stroke floating diving self-rescue</p>	<ul style="list-style-type: none"> ♣ swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ♣ perform safe self-rescue in different water-based situations
Spring	<p>Games (Throwing / Catching, Striking / Fielding) - Dodgeball</p> <ul style="list-style-type: none"> • To show competent officiating skills. • Using anticipation, when aiming and distance control when throwing • Use equipment in new and inventive ways to get desired outcomes. • Use effective communication skills to win. 	<p>rules overarm throw control catch tactics aim dodging</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <ul style="list-style-type: none"> ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and

	<ul style="list-style-type: none"> To fluently use a range of skills in combination. (running, throwing, catching etc.) Show a will to win and encourage / inspire other teammates. Invent new rules and games based on a sport. Create new and inventive tactics to show how they can win. 	deflection face shot head shot thrower catcher	tennis], and apply basic principles suitable for attacking and defending
Summer	<u>OAA (Orienteering / Residential Visit)</u> <ul style="list-style-type: none"> Orientate themselves with confidence and accuracy around a course. Use equipment accurately (compass, different styles of maps) Design orienteering course that is clear to follow but is challenging. Use clear communication to effectively complete a role in the team. Compete in orienteering activities both independent and as a team. 	bearing control pace counting compass communicate problem solving collaboration symbols	take part in outdoor and adventurous activity challenges both individually and within a team
Summer	<u>Boxercise</u> <ul style="list-style-type: none"> To show good hand eye coordination. To learn how to safely use pads and boxing gloves. To develop self-control. To develop a range of skill associated with boxing To develop foot work associated with boxing To know a range of punches and how to perform them safely. To learn how to develop defensive skills. 	Boxing stance (one foot behind the other, on balls of feet, knees slightly bent, elbows down, fists raised) Footwork (forwards and backwards, side to side) Jab (a quick, straight punch) Cross (a powerful, straight punch across the body, rotating from the hips)	develop flexibility, strength, technique, control and balance
Summer	<u>Rounders / Ultimate Frisbee</u> <ul style="list-style-type: none"> <u>Angela to Supply</u> 		