

Theme/Concept	(KS2)	Year 7	Year 8	Year 9	Year 10	Year 11	(Post-16)
Broad range of sports and activities		Rugby Netball Cricket Dodgeball	Gymnastics Dance Rounders Basketball	Football Trampolining Orienteering	Fitness Table Tennis Athletics	Sport Studies and/or Core PE Football Table Tennis Fitness Walking Orienteering Dancing Basketball Rounders Dodgeball Badminton	<i>Sport for pleasure beyond the curriculum</i>
Tactics and strategies in team and individual games	<i>running, jumping, throwing and catching; competitive games; flexibility, strength, technique, control and balance</i>	Key Skills Acquiring knowledge through drills / practices on key fundamental skills of each sport inc. throwing, catching, moving and understanding games	Implementation Applying skills from Y7 and within mini game scenarios e.g. 3v2	Mastery Development of tactics and strategies in game scenarios Analysing tactics and skills of teams and individuals in more full sided games and scenarios. Demonstrated through practice	Tactics and Strategies Basic tactics and strategies applied in either full sided or mini sided games. For individual activities, analysing performance and how to improve for future participation.	Tactics and Strategies More detailed tactics and strategies applied relating to specific scenarios in either full sided or mini sided games. For individual activities, analysing performance and how to improve for future participation. Scenarios increasingly game related with more competitive element	<i>Skill acquisition, the role of technology in physical activity and sport</i>
Professional clubs, pathways and progression		Awareness Links to: RFU, RFL, FA, Table Tennis clubs, Cricket clubs and Sheffield City ABC	Coaching Use of professional coaches within lessons with focus on skills and not a game situation Development of core skills and their application. Establish / grow school links to local clubs	Coaching Use of professional coaches within lessons with focus on application of skills in competitive situations Development of links to local clubs.	Awareness pupils encouraged and directed to participate in sports / activities outside of school with interest shown or talent to local clubs. RFU, RFL, FA, Table Tennis clubs, Cricket clubs and Sheffield City ABC Y10/11 Sports Studies trip to Man City relating to Media unit and collaboration with Sheffield Eagles for contemporary issues relating to Wheelchair Rugby		<i>Sport for pleasure beyond the curriculum</i>
Healthy lifestyles, Physical effects, Mental wellbeing, Social wellbeing		Exercise Relationship between exercise and health	Fitness Different types of fitness required for different sports	Adaptation How the body adapts over time to the training imposed upon it	Core PE 4-week block activities that pupils choose, aim is to improve mental health and physical health	Core PE 4 week block activities that pupils choose, aim is to improve mental health Walking is also used as an opportunity to mentor pupils e.g. decision making, managing stress etc	<i>Applied anatomy & physiology, exercise physiology, biomechanical movement</i>
Performance evaluation	<i>compare their performances with previous ones and demonstrate improvement</i>	Self Evaluate performance in own activities	Others Evaluate performance of others in activities	Peer Evaluate performance of others in their groups based on known tactics and execution of skills	Self Core PE Evaluate own performance based on activity chosen and level of participation in Y10 and Y11 e.g. sets and reps in fitness, fitness programmes available when in the gym to monitor progress, laps in walking etc. Sport Studies Critical evaluation of own performance in 2 sports and in leadership as part of the Sports Studies course. pupils also involved in reflective practice when completing their assignments e.g. performance in leadership		<i>Sports psychology</i>
Sports leadership		Warm-ups Pupils are shown how to complete a warm up and then asked to lead warm ups to a small group over the course of the year in different sports Team captains Pupils are made aware of the role of a captain and shown how to run individual drills to a small group Opportunity to complete the Dame Kelly Holmes project	Warm-ups Pupils leading more warm ups to more pupils at the start of the lesson. Warm ups more specific to the activity for the lesson. Team captains Pupils are captains and expected to help set up their small sided games with equipment and lead their group Opportunity to complete the Dame Kelly Holmes Project	Sports Leaders introduction. Opportunity to join the Sports Leader Programme in leading a range of primary events. Pupils asked to lead teams in lesson based on tactics and evaluate performance Opportunity to complete the Dame Kelly Holmes Project	Opportunities for leadership e.g. Dame Kelly Holmes project. Sports Leadership in the Sports Studies course Continued involvement with the school sports leadership programme in the delivery of primary events.	Opportunities for leadership e.g. Dame Kelly Holmes project.	<i>Sport and society</i>
Outdoor pursuit	<i>outdoor and adventurous activity challenges</i>	Orienteering in curriculum time & Y7 Kingswood residential Outdoor pursuit activities available in extracurricular activities	Orienteering in Curriculum time	Orienteering in curriculum time	Orienteering in curriculum time as an option Opportunity to be part of the DoE award		<i>Sport for pleasure beyond the curriculum</i>

Time of Year	Year 7 Acquiring	Year 8 Applying	Year 9 Analysing
Autumn 1	Girls - Football & Netball Boys - Table Tennis & Trampolining	Girls - Football & Netball Boys - Table Tennis & Trampolining	Girls - Football & Netball Boys - Table Tennis & Trampolining
Autumn 2	Boys - Football & Rugby Girls - Orienteering & Fitness	Boys - Football & Rugby Girls - Orienteering & Fitness	Boys - Football & Rugby Girls - Orienteering & Fitness
Spring 1	Boys - Football & Rugby Girls - Orienteering & Fitness	Boys - Football & Rugby Girls - Orienteering & Fitness	Boys - Football & Rugby Girls - Orienteering & Fitness
Spring 2	Boys - Fitness & Orienteering Girls - Table Tennis & Trampolining	Boys - Fitness & Orienteering Girls - Table Tennis & Trampolining	Boys - Fitness & Orienteering Girls - Table Tennis & Trampolining
Summer 1	Boys - Fitness & Orienteering Girls - Table Tennis & Trampolining	Boys - Fitness & Orienteering Girls - Table Tennis & Trampolining	Boys - Fitness & Orienteering Girls - Table Tennis & Trampolining
Summer 2	Boys - Striking & Fielding Girls - Athletics	Boys - Striking & Fielding Girls - Athletics	Boys - Striking & Fielding Girls - Athletics
	Boys - Athletics Girls - Striking & Fielding	Boys - Athletics Girls - Striking & Fielding	Boys - Athletics Girls - Striking & Fielding

* Each topic block in KS3 lasts for 5 weeks until the topic swaps with the other group, so topics as a whole last 10 weeks between 2 groups.

*Teacher may stay on a lesson topic to ensure students can execute the skill / lesson requirement correctly before moving on

*KS4 is based on mental health and is placed on a 4 week rotation