



Topic Name	Term	Skills Developed	Link to NC Subject Content	Next link in curriculum	Other Notes/Links to Prior Learning
Netball	Autumn	<ul style="list-style-type: none">● Footwork and pivoting● Passing● Catching● Attacking skills● Defending skills● Shooting● Basic game-play● Basic rules/officiating	<ul style="list-style-type: none">● Use a range of tactics and strategies to overcome opponents in direct competition through netball	<ul style="list-style-type: none">● Y8 – More advanced skills and game-play● Improving on previous techniques from Y7.	<p>Some students will have covered netball in the primary education PE curriculum. Some students may play netball at a local netball club.</p> <p>Core task used to assess current ability/knowledge</p>
Gymnastics	Autumn	<ul style="list-style-type: none">● Developing the theme of travel – rolls, jumps, leaps, other gymnastic agilities● Use of apparatus● Sequence development	<ul style="list-style-type: none">● Develop their technique and improve their performance in gymnastics	<ul style="list-style-type: none">● Y8 – Skills related to the theme of balance (Sports Acrobatic gymnastics)	<p>Some students will have covered gymnastics in the primary education PE curriculum. Some students may attend a local gymnastics club.</p> <p>Core task used to assess current ability/knowledge</p>



Football	Spring	<ul style="list-style-type: none"> Types of passes – push and slap Dribbling Stopping the ball Changing direction Basic rules/officiating Tackling Basic game-play (small sided games) 	<ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition football 	<ul style="list-style-type: none"> Y8 - More advanced skills and game-play Improving on previous techniques from Y7. 	<p>Very few students have played football at KS2 Some students will have covered football in the primary education PE curriculum. Some students may play football at a local football club.</p>
Dance	Spring	<ul style="list-style-type: none"> Cultural dance (Bollywood – Indian dance) Development of key dance concepts, techniques and dynamics (e.g. rhythm, use of space, pathways, musicality, formations etc) 	<ul style="list-style-type: none"> Perform dances using advanced dance techniques within a range of dance styles and forms 	<ul style="list-style-type: none"> Y8 – Jive dance 	<p>Some students will have covered dance in the primary education PE curriculum. Some students may attend a local dance school.</p> <p>Core task used to assess current ability/knowledge</p>
Fitness/Exercise activities	Spring	<ul style="list-style-type: none"> Circuit training Continuous training Exercise to music Running challenges Yoga/Pilates 	<ul style="list-style-type: none"> Are physically active for sustained periods of time Lead healthy, active lives 	<ul style="list-style-type: none"> Y8 – continued fitness related activities 	<p>Students are informed about the importance of leading an active and healthy lifestyle. Some students will have covered health and fitness activities in the</p>



					primary education PE curriculum.
Athletics	Summer	<ul style="list-style-type: none">● Sprinting● Throws (discus, shot putt)● Middle distance events (800m)● Relays● Jumps (high jump and long jump)	<ul style="list-style-type: none">● Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best in athletics	<ul style="list-style-type: none">● Y8 – improving on previous techniques and performances in the events● Develop knowledge of basic rules of the events and basic officiating	Some students will have covered athletics in the primary education PE curriculum. Some students may train at a local athletics club. Some students may have competed in the primary sports hall athletics competitions.
Rounders / Cricket	Summer	<ul style="list-style-type: none">● Throwing (long and short distance)● Batting● Bowling● Catching● Long barrier● Basic rules● Basic game-play	<ul style="list-style-type: none">● Use a range of tactics and strategies to overcome opponents in direct competition through rounders	<ul style="list-style-type: none">● Y8 – More advanced skills and game-play● Improving on previous techniques from Y7.	Some students will have covered rounders/quick cricket in the primary education PE curriculum.



Tennis	Summer	<ul style="list-style-type: none">● Groundstrokes – forehand and backhand● Rally development● Serving● Volleying● Scoring● Basic rules and officiating● Modified games	<ul style="list-style-type: none">● Use a range of tactics and strategies to overcome opponents in direct competition through tennis	<ul style="list-style-type: none">● Y8 – More advanced skills and game-play● Improving on previous techniques from Y7.	Very few students have played tennis at KS2 Some students will have covered tennis in the primary education PE curriculum. Some students may play tennis at a local tennis club.
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