



Creating lifelong participants in sport and fitness to encourage physical, social and mental health.

	Spring 1	Spring 2	Summer 1	Summer 2	Autumn/Winter 1	Autumn/Winter 2
7		Rotation of swimming, handball/netball, badminton, rugby, outdoor adventurous activities and fitness training.			Focus - core skill development Rotation of cricket, rounders and athletics	
8		Rotation of water polo, basketball, volleyball, football, outdoor adventurous activities and fitness training.			Focus - core skill development Rotation of softball, rounders and athletics	
9		Rotation of swimming, handball/netball, badminton, rugby, outdoor adventurous activities and fitness training.			Focus - using core skills to develop tactics and strategies Rotation of softball, rounders and athletics	
10		Rotation of water polo, basketball, volleyball, football, outdoor adventurous activities and fitness training.			Focus – using core skills to develop tactics and strategies Rotation of softball, rounders and athletics	
11		<p>Pupils follow one of the below pathways:</p> <ol style="list-style-type: none"> <li>1- Fitness classes – Glow in the dark games, Kinball, Dance, Fitness classes, Rounders.</li> <li>2- Team Sports A - Football, Glow in the dark games, Kinball, Tchoukball, Football.</li> <li>3- Team Sports B – Spikeball, Table Tennis, Glow in the dark games, Kinball, Badminton.</li> <li>4- Team Sports C – Swimming, Fitness classes, Water Polo, Glow in the dark games, Kinball.</li> <li>5- Individual Sports A – Kinball, Couch 2 5k, Capture the flag, Fitness classes, Glow in the dark games.</li> <li>6- Sport science – practical with a link to the theory of PE</li> </ol> <p>Focus – applying tactics and strategies and leading your own activities.</p>				

Implementation: Active lessons with skill development and performance sections. Theoretical content is taught during practical lessons to entice pupils to study PE further and to understand the health benefits of being active. This includes major muscles in the body, major bones in the body, and the effects of exercise on the body systems.