

Year	Focus	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Basic principles of attack and defence. Work in small teams to plan how to play. Take different roles in some games, including attacker and defender. Basic rule knowledge. Experience a wide range of sports and activities.	Boys Group – Football Girls Group – Netball Mixed Group – Badminton	Boys Group - Badminton/Fitness Girls Group – Hockey/ Dance Mixed Group – Fitness/ Basketball	Boys Group – Rugby Girls Group – Basketball/Badminton Mixed Group – Invasion Games/ Capture the Flag	Boys Group – Basketball Girls Group – Football Mixed Group – Football/ Rugby	Boys Group – Athletics/OAA Girls Group – Athletics/OAA Mixed Group - Athletics/OAA	Boys Group – Pickleball/ Tennis/ Cricket Girls Group – Softball/ Rounders/ Tennis Mixed Group - Football, Rounders, Pickleball/Tennis
	Assessments:	Teacher/ Self/ Peer Assessment – Formative Assessment 1	Observation of game play/ tournament – Summative Assessment 1	Teacher/ Self/ Peer Assessment – Formative Assessment 2	Teacher/ Self/ Peer Assessment – Formative Assessment 3 Inter House Competitions	Teacher/ Self/ Peer Assessment – Formative Assessment 4	Observation of skills/ game play – Summative Assessment 2
	Extra-Curricular:	Fixtures/ Tournaments: Football/ Netball/ Basketball Clubs: Fitness, Badminton, Basketball, Football, Futsal, Tchoukball, Handball, Netball	Inter House Competitions Fixtures/ Tournaments: Football/ Netball/ Basketball Clubs: Fitness, Badminton, Basketball, Football, Futsal, Tchoukball, Handball, Netball	Fixtures/ Tournaments: Football/ Netball/ Basketball Clubs: Fitness, Badminton, Basketball, Futsal, Tchoukball, Handball, Dodgeball, Baton Twirling, Glow Dance	Inter House Competitions Clubs: Fitness, Badminton, Basketball, Futsal, Tchoukball, Handball, Dodgeball, Baton Twirling, Glow Dance	City Sports Athletics Cross Country Races Clubs: Fitness, Rounders, Cricket, Basketball, Athletics	Rounders Tournament Sports Day Clubs: Fitness, Rounders, Cricket, Basketball, Athletics
	Home Resources:	Free KS3 Physical education teaching resources Oak National Academy (thenational.academy)					
8	Played a variety of conditioned games. Worked in small groups. Used and applied rules. Some knowledge of tactics and team organisation in different sports.	Boys Group – Football Girls Group – Netball Mixed Group – Badminton	Boys Group – Badminton/Fitness Girls Group – Hockey/ Dance Mixed Group – Fitness/ Basketball	Boys Group – Rugby Girls Group – Basketball/Badminton Mixed Group – Invasion Games/ Capture the Flag	Boys Group – Basketball Girls Group – Football Mixed Group – Football/ Rugby	Boys Group – Athletics/OAA Girls Group – Athletics/OAA Mixed Group - Athletics/OAA	Boys Group – Pickleball/ Tennis/ Cricket Girls Group – Softball/ Rounders/ Tennis

	Developed basic skills with basic principles of attack and defence.						Mixed Group - Football, Rounders, Pickleball/Tennis
	Assessments:	Teacher/ Self/ Peer Assessment – Formative Assessment 1	Observation of game play/ tournament – Summative Assessment 1	Teacher/ Self/ Peer Assessment – Formative Assessment 2	Teacher/ Self/ Peer Assessment – Formative Assessment 3	Teacher/ Self/ Peer Assessment – Formative Assessment 4	Observation of skills/ game play – Summative Assessment 2
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9	Experienced setting up and organising practices in groups. Applied and adapted the principles of attack and defence in small-sided games. Begun to lead small parts of a warmup or cool down. Learnt about specific core skills. Used and applied rules correctly.	Boys Group – Football Girls Group – Netball Mixed Group – Badminton	Boys Group – Badminton/Fitness Girls Group – Hockey/ Dance Mixed Group – Fitness/ Basketball	Boys Group – Rugby Girls Group – Basketball/Badminton Mixed Group – Invasion Games/ Capture the Flag	Boys Group – Basketball Girls Group – Football Mixed Group – Football/ Rugby	Boys Group – Athletics Girls Group – Athletics Mixed Group - Athletics	Boys Group – Pickleball/ Tennis/ Cricket Girls Group – Softball/ Rounders/ Tennis Mixed Group - Football, Rounders, Pickleball/Tennis
	Assessments:	Teacher/ Self/ Peer Assessment – Formative Assessment 1	Observation of game play/ tournament – Summative Assessment 1	Teacher/ Self/ Peer Assessment – Formative Assessment 2	Teacher/ Self/ Peer Assessment – Formative Assessment 3	Teacher/ Self/ Peer Assessment – Formative Assessment 4	Observation of skills/ game play – Summative Assessment 2
	Extra-Curricular:	Fixtures/ Tournaments: Football/ Netball/ Basketball	Inter House Competitions Fixtures/ Tournaments:	Fixtures/ Tournaments: Football/ Netball/ Basketball	Inter House Competitions Clubs: Fitness, Badminton, Basketball,	City Sports Athletics Cross Country Races	Rounders Tournament Sports Day

		Clubs: Fitness, Badminton, Basketball, Football, Futsal, Tchoukball, Handball, Netball	Football/ Netball/ Basketball Clubs: Fitness, Badminton, Basketball, Football, Futsal, Tchoukball, Handball, Netball	Clubs: Fitness, Badminton, Basketball, Futsal, Tchoukball, Handball, Dodgeball, Baton Twirling, Glow Dance	Futsal, Tchoukball, Handball, Dodgeball, Baton Twirling, Glow Dance	Clubs: Fitness, Rounders, Cricket, Basketball, Athletics	Clubs: Fitness, Rounders, Cricket, Basketball, Athletics
	Home Resources:	Free KS3 Physical education teaching resources Oak National Academy (thenational.academy)					
10	Collaborated with and led others and used and interpreted rules. Experienced a wide range of skills and techniques in sport. Experienced different roles in a team. Played competitively/ experiences of games. Experienced leadership and coaching opportunities.	Options: Football Netball Badminton	Options Badminton Football Rugby Fitness	Options: Rugby Badminton Football Volleyball	Options: Basketball Fitness Dance Dodgeball	Options: Athletics Fitness Summer Sports Rounders, Cricket, Softball, Tennis	Options: Summer Sports – Rounders, Cricket, Softball, Tennis
	Assessments:	Teacher/ Self/ Peer Assessment – Formative Assessment 1	Observation of game play/ tournament – Summative Assessment 1	Teacher/ Self/ Peer Assessment – Formative Assessment 2	Teacher/ Self/ Peer Assessment – Formative Assessment 3	Teacher/ Self/ Peer Assessment – Formative Assessment 4	Observation of skills/ game play – Summative Assessment 2
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11	Collaborated with and led others and used and interpreted rules. Experienced a wide range of skills and	Options: Football	Options Badminton Football	Options: Rugby Badminton	Options: Basketball Fitness	Options: Athletics Fitness	

	techniques in sport. Experienced different roles in a team. Played competitively/ experiences of games. Able to plan a tournament or series of games.	Netball Badminton	Rugby Fitness	Football Volleyball	Dance Dodgeball	Summer Sports Rounders, Cricket, Softball, Tennis	
	Assessments:	Teacher/ Self/ Peer Assessment – Formative Assessment 1	Observation of game play/ tournament – Summative Assessment 1	Teacher/ Self/ Peer Assessment – Formative Assessment 2	Teacher/ Self/ Peer Assessment – Formative Assessment 3	Teacher/ Self/ Peer Assessment – Formative Assessment 4	
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