

Year	Autumn	Spring	Summer
7	<ul style="list-style-type: none"> • Introduction to attempting and practising basic physical skills and techniques in Handball, Football, Netball, and Rugby showing development of quality and control • Perform physical fitness related activities showing developed technique and resilience • Introduction to attempting and practising basic physical skills and techniques in Creative Movement showing development of quality and control • Development of social skills through working with others 	<ul style="list-style-type: none"> • Introduction to attempting and practising basic physical skills and techniques in Badminton and Table Tennis showing development of quality and control • Perform physical fitness related activities showing developed technique and resilience • Introduction to attempting and practising basic physical skills and techniques in Creative Movement, Gymnastics, and OAA showing development of quality and control • Development of social skills through working with and listening to others 	<ul style="list-style-type: none"> • Introduction to attempting and practising basic physical skills and techniques in Athletics and Rugby showing development of quality and control • Introduction to attempting and practising basic physical skills and techniques in Striking and fielding games showing development of quality and control • Development of social skills through working effectively with a small group • Development of cognitive skills through application of simple sport specific tactics

	<ul style="list-style-type: none"> Development of <u>cognitive</u> skills through identification of simple sport specific tactics 	<ul style="list-style-type: none"> Development of <u>cognitive</u> skills through identification of areas for development in performance 	
8	<ul style="list-style-type: none"> Introduction to attempting and practising basic <u>physical</u> skills and techniques in <i>Handball, Football, Netball, and Rugby</i> showing development of quality and control Perform <u>physical fitness</u> related activities showing developed technique and resilience Introduction to attempting and practising basic <u>physical</u> skills and techniques in <i>Creative Movement</i> showing development of quality and control Development of <u>social</u> skills through working with others Development of <u>cognitive</u> skills through identification of simple sport specific tactics 	<ul style="list-style-type: none"> Introduction to attempting and practising basic <u>physical</u> skills and techniques in <i>Badminton and Table Tennis</i> showing development of quality and control Perform <u>physical fitness</u> related activities showing developed technique and resilience Introduction to attempting and practising basic <u>physical</u> skills and techniques in <i>Creative Movement, Gymnastics, and OAA</i> showing development of quality and control Development of <u>social</u> skills through working with and listening to others Development of <u>cognitive</u> skills through identification of areas for development in performance 	<ul style="list-style-type: none"> Introduction to attempting and practising basic <u>physical</u> skills and techniques in <i>Athletics, Rugby, and OAA</i> showing development of quality and control Introduction to attempting and practising basic <u>physical</u> skills and techniques in <i>Striking and fielding games</i> showing development of quality and control Development of <u>social</u> skills through working effectively with a small group Development of <u>cognitive</u> skills through application of simple sport specific tactics

9	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate <u>physical</u> skills and techniques in <i>Handball, Football, Netball, and Rugby</i> showing development of quality and control. • Perform <u>physical fitness</u> related activities showing developed technique and resilience • Development of <u>social</u> skills through attempting to lead peers through a warm-up or basic skill drill • Development of <u>cognitive</u> skills through increased knowledge and understanding of theory-based PE 	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate <u>physical</u> skills and techniques in <i>Badminton and Table Tennis</i> showing development of quality and control. • Develop ability to select and perform appropriate <u>physical</u> skills and techniques in <i>Gymnastics and OAA</i> with improving consistency • Development of <u>cognitive</u> skills through increased knowledge and understanding of theory-based PE content (health, fitness components, training methods) • Development of <u>social</u> skills through attempting to coach peers through a basic task or skill 	<ul style="list-style-type: none"> • Developing accurate performance of basic <u>physical</u> skills and techniques in <i>Athletics, Rugby, and OAA</i> in practise and in conditioned competitive situations • Develop ability to select and perform appropriate <u>physical</u> skills and techniques in <i>Striking and fielding games</i> showing development of quality and control • Accurate application of <u>social</u> and <u>cognitive</u> skills developed during the autumn and summer terms

	content (health, fitness components, training methods)		
10	<ul style="list-style-type: none"> Develop ability to select and perform appropriate <u>physical</u> skills/advanced skills and techniques in <i>Football, Handball, Creative Movement, Netball, Rugby</i> in games and competitive situations with improving consistency. Perform <u>physical fitness</u> related activities showing developed technique and resilience Development of <u>social</u> skills through leading peers with improved confidence Development of <u>cognitive</u> skills through successfully applying a range of tactics and strategies 	<ul style="list-style-type: none"> Develop ability to select and perform appropriate <u>physical</u> skills/advanced skills and techniques in <i>Football, Table Tennis, Sports Culture, Gymnastics, and Badminton</i> in games and competitive situations with improving consistency Develop the <u>power of positivity</u> through alternative activities in activities such a <i>Yoga, Dance, Mindfulness and Boxcercise</i> Development of <u>social</u> skills through supporting peers to improve their performance Development of <u>cognitive</u> skills through successfully applying a range of tactics and strategies 	<ul style="list-style-type: none"> Develop ability to select and perform appropriate <u>physical</u> skills/advanced skills and techniques in, <i>Athletics, Cricket, Rounders</i> and <i>Softball</i> in games and competitive situations with improving consistency Accurate application of <u>social</u> and <u>cognitive</u> skills developed during the autumn and summer terms
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	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate <u>physical</u> skills/advanced skills and techniques in <i>Football, Handball, Creative Movement, Netball, Rugby</i> in games and competitive situations with improving consistency. • Perform <u>physical fitness</u> related activities showing developed technique and resilience • Development of <u>social</u> skills through leading peers with improved confidence • Development of <u>cognitive</u> skills through successfully applying a range of tactics and strategies 	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate <u>physical</u> skills/advanced skills and techniques in <i>Football, Table Tennis, Sports Culture, Gymnastics, and Badminton</i> in games and competitive situations with improving consistency • Develop the <u>power of positivity</u> through alternative activities in activities such a <i>Yoga, Dance, Mindfulness and Boxercise</i> • Development of <u>social</u> skills through supporting peers to improve their performance • Development of <u>cognitive</u> skills through successfully applying a range of tactics and strategies 	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate <u>physical</u> skills/advanced skills and techniques in, <i>Athletics, Cricket, Rounders</i> and <i>Softball</i> in games and competitive situations with improving consistency • Accurate application of <u>social</u> and <u>cognitive</u> skills developed during the autumn and summer terms
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Curriculum Overview – Core PE- Hermitage.