

Year	Autumn	Spring	Summer
7	<ul style="list-style-type: none"> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b>Football, Handball, and Netball</b> showing development of quality and control</li> <li>• Perform <b>physical fitness</b> related activities showing developed technique and resilience</li> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b>Creative Movement</b> showing development of quality and control</li> <li>• Development of <b>social</b> skills through working with others</li> <li>• Development of <b>cognitive</b> skills through identification of simple sport specific tactics</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b>Net and Wall</b> activities showing development of quality and control</li> <li>• Perform <b>physical fitness</b> related activities showing developed technique and resilience</li> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b>Creative Movement and Trampolining</b> showing development of quality and control</li> <li>• Development of <b>social</b> skills through working with and listening to others</li> <li>• Development of <b>cognitive</b> skills through identification of areas for development in performance</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b>Athletics</b> showing development of quality and control</li> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b>Outdoor Adventurous Activity</b> showing social and cognitive development.</li> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b>Striking and fielding games</b> showing development of quality and control</li> <li>• Development of <b>social</b> skills through working effectively with a small group</li> <li>• Development of <b>cognitive</b> skills through application of simple sport specific tactics</li> </ul>
8	<ul style="list-style-type: none"> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b>Football, Handball, Netball, and Rugby</b> showing development of quality and control</li> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b>Net and Wall</b> activities</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b>Rugby</b> showing development of quality and control</li> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b>Net and Wall</b> activities</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b>Athletics</b> showing development of quality and control</li> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b>Outdoor Adventurous</b></li> </ul>

	<p>techniques in <b><i>Creative Movement and Trampolining</i></b> showing development of quality and control</p> <ul style="list-style-type: none"> <li>• Development of <b>social</b> skills through working with others</li> <li>• Development of <b>cognitive</b> skills through identification of simple sport specific tactics</li> </ul>	<p>showing development of quality and control</p> <ul style="list-style-type: none"> <li>• Perform <b>physical fitness</b> related activities showing developed technique and resilience</li> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b><i>Creative Movement and Trampolining</i></b> showing development of quality and control</li> <li>• Development of <b>social</b> skills through working with and listening to others</li> <li>• Development of <b>cognitive</b> skills through identification of areas for development in performance</li> </ul>	<p><b>Activity</b> showing social and cognitive development.</p> <ul style="list-style-type: none"> <li>• Introduction to attempting and practising basic <b>physical</b> skills and techniques in <b><i>Striking and fielding games</i></b> showing development of quality and control</li> <li>• Development of <b>social</b> skills through working effectively with a small group</li> <li>• Development of <b>cognitive</b> skills through application of simple sport specific tactics</li> </ul>
9	<ul style="list-style-type: none"> <li>• Develop ability to select and perform appropriate <b>physical</b> skills and techniques in <b><i>Football, Handball, Netball, and Rugby</i></b> in competitive situations with improving consistency</li> <li>• Develop the ability to select and perform appropriate <b>physical</b> skills and techniques in <b><i>Creative Movement and Trampolining</i></b> showing development</li> <li>• Development of <b>social</b> skills through attempting to lead peers through a warm-up or basic skill drill</li> </ul>	<ul style="list-style-type: none"> <li>• Develop ability to select and perform appropriate <b>physical</b> skills and techniques in <b><i>Rugby</i></b> in competitive situations with improving consistency</li> <li>• Develop ability to select and perform appropriate <b>physical</b> skills and techniques in <b><i>Net and Wall</i></b> in competitive situations with improving consistency</li> <li>• Perform <b>physical fitness</b> related activities showing developed technique and resilience</li> </ul>	<ul style="list-style-type: none"> <li>• Developing accurate performance of basic <b>physical</b> skills and techniques in <b><i>Athletics</i></b> in conditioned competitive situations</li> <li>• Develop ability to select and perform appropriate <b>physical</b> skills and techniques in <b><i>Striking and fielding games</i></b> in competitive situations with improving consistency</li> <li>• Accurate application of <b>social</b> and <b>cognitive</b> skills developed during the autumn and summer terms</li> </ul>

	<ul style="list-style-type: none"> <li>• Development of <b>cognitive</b> skills through increased knowledge and understanding of theory-based PE content (health, fitness components, training methods)</li> </ul>	<ul style="list-style-type: none"> <li>• Develop ability to select and perform appropriate <b>physical</b> skills and techniques in <b>Creative Movement and Trampolining</b> in competitive situations with improving consistency</li> <li>• Development of <b>cognitive</b> skills through increased knowledge and understanding of theory-based PE content (health, fitness components, training methods)</li> <li>• Development of <b>social</b> skills through attempting to coach peers through a basic task or skill</li> </ul>	
10	<ul style="list-style-type: none"> <li>• Develop ability to select and perform appropriate <b>physical</b> skills/advanced skills and techniques in <b>invasion games</b> in competitive situations with improving consistency.</li> <li>• Develop ability to select and perform appropriate <b>physical</b> skills/advanced skills and techniques in <b>Net and Wall</b> activities in competitive situations with improving consistency</li> <li>• Develop ability to select and perform appropriate <b>physical</b> skills and techniques in <b>Creative Movement and Trampolining</b> in competitive situations with improving consistency</li> </ul>	<ul style="list-style-type: none"> <li>• Develop ability to select and perform appropriate <b>physical</b> skills/advanced skills and techniques in <b>invasion games</b> in competitive situations with improving consistency.</li> <li>• Develop ability to select and perform appropriate <b>physical</b> skills/advanced skills and techniques in <b>Net and Wall</b> activities in competitive situations with improving consistency</li> <li>• Develop ability to select and perform appropriate <b>physical</b> skills and techniques in <b>Creative Movement and Trampolining</b> in competitive situations with improving consistency</li> </ul>	<ul style="list-style-type: none"> <li>• Developing accurate performance of basic <b>physical</b> skills and techniques in <b>Athletics</b> in conditioned competitive situations</li> <li>• Develop ability to select and perform appropriate <b>physical</b> skills and techniques in <b>Striking and fielding games</b> in competitive situations with improving consistency</li> <li>• Develop ability to select and perform <b>physical</b> skills and techniques in <b>Outdoor Adventurous Activity</b> showing social and cognitive development.</li> <li>• Accurate application of <b>social</b> and <b>cognitive</b> skills developed during the autumn and summer terms</li> </ul>

	<ul style="list-style-type: none"> <li>• Perform <b>physical fitness</b> related activities showing developed technique and resilience</li> <li>• Development of <b>social</b> skills through leading peers with improved confidence</li> <li>• Development of <b>cognitive</b> skills through successfully applying a range of tactics and strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Perform <b>physical fitness</b> related activities showing developed technique and resilience</li> <li>• Development of <b>social</b> skills through leading peers with improved confidence</li> <li>• Development of <b>cognitive</b> skills through successfully applying a range of tactics and strategies</li> </ul>	
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	<ul style="list-style-type: none"><li>• Development of <b>social</b> skills through leading peers with improved confidence</li><li>• Development of <b>cognitive</b> skills through successfully applying a range of tactics and strategies</li></ul>	<ul style="list-style-type: none"><li>• Development of <b>social</b> skills through leading peers with improved confidence</li><li>• Development of <b>cognitive</b> skills through successfully applying a range of tactics and strategies</li></ul>	
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