

<p>Year 7</p>	<p>Autumn/Spring – Rugby, Football, Trampolining, Fitness, Netball, Badminton, Summer – Athletics, Cricket, Rounders,</p> <p>Students will participate in activities that link to the specific sport being studied and apply previous KS2 knowledge of physical activity. They will develop skills to solve problems during team games and analyse their own and others work through self and peer reflection. Students will be given the opportunity to lead small group activities or warm ups, they will be encouraged to volunteer to lead tasks and help contribute individually or as part of a team. Students will learn a range of tactics and strategies to overcome difficulties and develop resilience. They will develop and some will master and use advanced techniques in a range of styles and forms. They will develop their knowledge and understanding of rules and regulations in a range of sporting activities. All of this will prepare students for competitive sport in extra-curricular events. Fitness training provides students with an insight into training methods and body systems, which links to KS4 examination courses and gives a base to further develop in years 8 and 9.</p>
<p>Year 8</p>	<p>Autumn/Spring – Rugby, Football, Trampolining, Fitness, Netball, Badminton, Summer – Athletics, Cricket, Rounders,</p> <p>Students will build on and embed the physical development and skills learned in year 7, become more competent and confident in their techniques, and apply them across different sports and physical activities. Students will be continually encouraged to volunteer to do tasks and help contribute individually or as part of a team. Leadership activities will enable students to work on linking prior knowledge to a range of scenarios and develop how students can creatively manage and organise events in PE lessons and during enrichment or at fixtures. Students will also advance their ability to evaluate skills, allowing them to identify personal strengths and areas for development. Students will be able to link health and fitness to everyday activities and be able to identify components of fitness related to sports participation. This will allow students to develop meaningful understanding of what sports they may wish to carry on with as they progress into KS4.</p>
<p>Year 9</p>	<p>Autumn, Football, Rugby, Trampolining, Netball, Spring, Badminton, Fitness, Gymnastics Summer, Athletics, Cricket, Rounders</p> <p>Students will be given opportunities to take part in increasingly challenging and competitive situations through which they will be able to: demonstrate a high level of practical skills, tactical understanding and decision-making; create and choreograph routines in aesthetic activities; devise tactics and set plays in modified games; apply a more detailed knowledge of rules and regulations.</p> <p>Students will apply techniques across different sports and apply principles of effective performance to their own and others work. They will learn a range of tactics and strategies to overcome difficulties and develop resilience through perseverance and positive attitudes to learning. Individual mastery will be the focus here revisiting year 7/8 knowledge and students will aim to produce effective performance in their preferred field. This will allow students to think about GCSE PE/ BTEC Sport and consider these options for year 10. Leadership opportunities within lessons will enable students to work on linking prior knowledge and developing confidence along with various opportunities to lead and/ or help at other school events and they will have the opportunity to work with year 7/8 students at fixtures or help with KS4 examination courses performance and leadership related work.</p>