



Year 7 Boys PE Scheme of Learning/Content Sequencing

Year	Context /Duration	Unit Content Sequencing	Context / Duration	Unit Content Sequencing	Justification
7 "know what"	Invasion Games - Rugby 9 Hours	Basic techniques (develop ks2), baseline skill assessment, know of basic tactics and strategies, know how to show respect for rules/equipment, awareness of safety in sport, teamwork, organisational skills, problem solving skills, respect and trust in others, body awareness, sense of belonging leadership skills	Invasion Games - Basketball 19 Hours	Basic techniques, baseline skill assessment, teamwork, tactics and strategies, respect for rules/equipment, organisational skills, sense of belonging and respect for others, leadership skills	Rugby and basketball key team games to allow for building relationships (interleaving) Basic primary techniques can be easily delivered in these sports New for most - often continued into adulthood (local area)
7 "know what"	Health and Fitness - 6 Hours	Components of fitness, testing methods, analyse and improve performance - methods of training, participate in exercise to increase fitness, respectful of self and others fitness', awareness of long term health benefits	OAA - 6 Hours	Communication skills, problem solving skills, teamwork, respect for others, personal development, leadership	Facilities around christmas time Able to discuss health and fitness used in rugby/basketball (context) Lack of fixtures due to light/weather allows for focus on other areas
7 "know what"	Games - Football 10 Hours	Basic techniques, principles of play, transfer of games tactics and strategies, respect for rules, teamwork, problem solving skills, leadership opportunities - captain/warm ups, increase sense of belonging	Gym and Dance Activities - 5 Hours	Basic techniques, safety in sport and respect of equipment, development and awareness of fitness, analyse and improve performances, lead warm ups, build trust	Spaced learning of concepts from previous invasion games Popular sport in local area - allows for us to create and utilise the links we have Gym for fundamental movement skills in Y7
7 "know what"			Net Games - Table Tennis - 5 Hours	Basic techniques, tactics and strategies (transfer and new), safety and respect around equipment, respect for others, fair play, transfer and develop problem solving skills, umpiring	Allows for development of fine motor skills later in the year Opportunity to apply tactics already explored in team games
7 "know what"	Athletics Activities - 8 Hours	Techniques - throw, jump, sprint, principles of movement, application of strength/power, awareness of long term health benefits, self motivation, respectful of own and others' fitness, compete with respect, analyse and improve performance	Striking and Fielding - Softball /Cricket 12 Hours	Basic techniques (transfer and new - glove work), throw/sprint/dive, umpiring, apply tactics and strategies (new), safety around equipment, respect in competition, leadership skills and problem solving.	Cricket - local clubs provide opportunities (links) for increased engagement out of school Softball skills link well with cricket and a game students can master fairly quickly - increased enjoyment Tennis allows for the transfer of skills from table tennis on a larger scale
7 "know what"	Net Games - Tennis 4 Hours	Basic techniques, tactics and strategies (transfer and new), safety and respect around equipment, respect for others, fair play, transfer and develop problem solving skills, umpiring			Spaced co-ordination opportunities across the year - rugby, basketball, football, softball, tennis, cricket
KEY: THINKING SKILLS (HEAD) FEELING SKILLS (HEART) DOING SKILLS (HANDS)					



Year 8 Boys PE Scheme of Learning/Content Sequencing

Year	Context and Duration	Unit Content Sequencing	Context and Duration	Unit Content Sequencing	Justification
8 "know how to"	Invasion Games - Rugby 9 Hours	Develop techniques, develop tactics and strategies, respect for rules/equipment, safety in sport, teamwork, problem solving skills, respect and trust in others, body awareness, sense of belonging leadership skills - lead warm ups	Invasion Games - Basketball 9 Hours	Develop techniques, baseline skill assessment, teamwork, tactics and strategies, respect for rules/equipment, sense of belonging and respect for others, leadership skills - lead warm ups	Opportunity to build on skills introduced in Y7 Continued links with local area with sports clubs Fixtures in the district at this time of year Interleaving rugby/basketball facilitates learning
8 "know how to"	Health and Fitness - 6 Hours	Components of fitness, testing methods, analyse and improve performance in fitness planning - methods of training, heart rates in exercise, participate in exercise to increase fitness, respectful of self and others fitness, awareness of long term health benefits	Outdoor and Adventurous Activities - 6 Hours	Communication skills, problem solving skills, teamwork, respect for others, personal development, leadership	Facilities around christmas time Able to discuss health and fitness used in rugby/basketball (context) Lack of fixtures due to light/weather allows for focus on other areas Able to reflect on physical fitness capabilities in basketball/rugby taught previously
8 "know how to"	Invasion Games - Football 10 Hours	Develop techniques, principles of play, transfer of games tactics and strategies, respect for rules, teamwork, problem solving skills, leadership opportunities - captain/warm ups, increase sense of belonging	Net Games - Table Tennis - 5 Hours	Develop techniques, tactics and strategies (transfer and new), safety and respect around equipment, respect for others, fair play, transfer and develop problem solving skills, umpiring	Links to local clubs at this time of year increases engagement and interest School fixtures in district (football, table tennis and handball) Spaced learning from rugby/basketball to football (invasion games)
8 "know how to"			Invasion Games - Handball - 5 Hours	Develop techniques (transfer), rules and game understanding, umpiring, tactics and strategies, leadership, teamwork	Handball is a new sport for students - can utilise skills learnt previously (basketball, football, rugby skills are all applicable). Broad range of sports - meeting this aim
8 "know how to"	Athletics Activities - 8 Hours	Develop techniques - throw, jump, sprint, principles of movement, application of strength/power, awareness of long term health benefits, self motivation, respectful of own and others' fitness, compete with respect, analyse and improve performance	Striking and Fielding - Softball/Crick et 12 Hours	Develop techniques (transfer and new - glove work), throw/sprint/dive, umpiring, apply tactics and strategies (new), safety around equipment, respect in competition, leadership skills and problem solving.	Athletics first - basic core skills (throw, jump, run) - timing allows for sports day preparation Hand eye coordination can be delivered across 3 contexts and developed simultaneously Respect for others' can be shown in a different contest (athletics events)
8 "know how to"	Striking and Fielding - Tennis 4 Hours	Basic techniques, principles of play, tactics and strategies (transfer and new), respect for others, fair play, transfer and develop problem solving skills, umpiring			Athletics events timings increases student engagement
KEY: THINKING SKILLS (HEAD) FEELING SKILLS (HEART) DOING SKILLS (HANDS)					



Year 9 Boys PE Scheme of Learning/Content Sequencing

Year	Context and Duration	Unit Content Sequencing	Context and Duration	Unit Content Sequencing	Justification
9 “know when to and why”	Invasion Games - Rugby 9 Hours	Refine techniques, further develop tactics and strategies, respect for rules/equipment, safety in sport, teamwork, problem solving skills, respect and trust in others, body awareness, sense of belonging leadership skills - lead warm ups	Net Games - Badminton 9 Hours	Basic techniques (skill transfer), principles of play and rules (transfer), tactics and strategies, sense of belonging, leadership opportunities	Transfer of skills into more complex sport (badminton) after previous experience of tennis/table tennis Ability to link tactics across both sports Opportunities to lead in both sports Broad range of sports (meets aim)
9 “know when to and why”	Health and Fitness - 6 Hours	Components of fitness, testing methods, analyse and improve performance in fitness planning - methods of training, heart rates in exercise, principles of training, participate in exercise to increase fitness, respectful of self and others fitness, awareness of long term health benefits	Outdoor and Adventurous Activities - 6 Hours	Communication skills, problem solving skills, teamwork, respect for others, personal development, leadership	Further build personal awareness of fitness/capabilities Christmas break approaching, opportunity to understand importance of a healthy active lifestyle
9 “know when to and why”	Invasion Games - Football 10 Hours	Refine techniques, principles of play, transfer of games tactics and strategies, respect for rules, teamwork, problem solving skills, leadership opportunities - captain/warm ups, increase sense of belonging	Net Games - Table Tennis - 5 Hours	Refine techniques, tactics and strategies (transfer and new), safety and respect around equipment, respect for others, fair play, transfer and develop problem solving skills, umpiring	Football provides ample opportunities for students to show ‘when and why’ for many key concepts Spaced learning for invasion games
9 “know when to and why”			Invasion Games - Handball - 5 Hours	Refine techniques (transfer), rules and game understanding, umpiring, tactics and strategies, leadership, teamwork	Handball techniques continued from Y8 gives greater emphasis on tactics and strategies at older age Opportunity for students to apply techniques into a more technical and unusual setting
9 “know when to and why”	Athletics Activities - 8 Hours	Refine techniques - throw, jump, sprint, principles of movement, application of strength/power, awareness of long term health benefits, self motivation, respectful of own and others’ fitness, compete with respect, analyse and improve performance	Striking and Fielding - Softball/Cricket 12 Hours	Refine techniques (transfer and new - glove work), throw/sprint/dive, umpiring, apply tactics and strategies (new), safety around equipment, respect in competition, leadership skills and problem solving.	Umpiring opportunities maintained and more regular through softball/cricket/tennis Lack of local clubs (athletics/softball) - giving students the opportunities to explore a broad range of activities
9 “know when to and why”	Net Games - Tennis 4 - Hours	Develop techniques, tactics and strategies, safety and respect around equipment, respect for others, fair play, transfer and develop problem solving skills, umpiring			
KEY: THINKING SKILLS (HEAD) FEELING SKILLS (HEART) DOING SKILLS (HANDS)					



Year 7 Girls PE Scheme of Learning/Content Sequencing

Year	Context and Duration	Unit Content Sequencing	Context and Duration	Unit Content Sequencing	Justification
7 "know what"	<i>Invasion Games - Netball 10 Hours</i>	Basic techniques (develop ks2), baseline skill assessment, introduction of tactics and strategies , respect for rules/equipment, safety in sport, teamwork, organisational skills, problem solving skills , respect and trust in others , body awareness, sense of belonging leadership skills	<i>Gym and Dance Activities - 10 Hours</i>	Basic techniques, safety in sport and respect of equipment, development and awareness of fitness, analyse and improve performances , lead warm ups, build trust	Core key transferable skills can be delivered through netball Basis for building upon teamwork, respect and trust Fits in with local competitions Gymnastics allows development of fundamental physical skills and attributes
7 "know what"	<i>Health and Fitness - 6 Hours</i>	Components of fitness, testing methods, analyse and improve performance - methods of training, participate in exercise to increase fitness, respectful of self and others fitness', awareness of long term health benefits	<i>Outdoor and Adventurous Activities - 6 Hours</i>	Communication skills, problem solving skills, teamwork, respect for others , personal development, leadership	Weather and facilities around winter period of time Drop of of fixtures due to light and weather allows more focus on teamwork development Health and Fitness allows us to focus on something that is forgotten over the Christmas period
7 "know what"	<i>Games - Football / Rugby 10 Hours</i>	Basic techniques, principles of play, transfer of games tactics and strategies , respect for rules, teamwork, problem solving skills, leadership opportunities - captain/warm ups, increase sense of belonging	<i>Net Games - Table Tennis - 5 Hours</i>	Basic techniques, tactics and strategies (transfer and new), safety and respect around equipment, respect for others , fair play, transfer and develop problem solving skills , umpiring	Football has huge media coverage at the moment due to England Women's Team Lots of local clubs which we link too Opportunity to consolidate teamwork skills and tactics from term 1
7 "know what"			<i>Invasion Games - Basketball 5 Hours</i>	Basic techniques, baseline skill assessment, teamwork, tactics and strategies , respect for rules/equipment, organisational skills, sense of belonging and respect for others , leadership skills	
7 "know what"	<i>Athletics Activities - 8 Hours</i>	Techniques - throw, jump, sprint, principles of movement, application of strength/power, awareness of long term health benefits, self motivation, respectful of own and others' fitness, compete with respect , analyse and improve performance	<i>Striking and Fielding - Rounders 12 Hours</i>	Basic techniques throw/sprint/dive, umpiring , apply tactics and strategies (new), safety around equipment, respect in competition, leadership skills and problem solving .	Breadth of opportunity for all students to find an athletics event they enjoy Limited local clubs - so providing an opportunity for students to experience all events Strengthen teamwork, trust and leadership through rounders
7 "know what"	<i>Net Games - Tennis 4 Hours</i>	Basic techniques, tactics and strategies (transfer and new), safety and respect around equipment, respect for others , fair play, transfer and develop problem solving skills , umpiring			
KEY: THINKING SKILLS (HEAD)			FEELING SKILLS (HEART)		DOING SKILLS (HANDS)



Year 8 Girls PE Scheme of Learning/Content Sequencing

Year	Context and Duration	Unit Content Sequencing	Context and Duration	Unit Content Sequencing	Justification
8 "know how to"	Invasion Games - Netball 10 Hours	Develop techniques, develop tactics and strategies, respect for rules/equipment, safety in sport, teamwork, problem solving skills, respect and trust in others, body awareness, sense of belonging leadership skills - lead warm ups	Gym and Dance Activities - 10 Hours	Develop techniques, safety in sport and respect of equipment, development and awareness of fitness, analyse and improve performances, lead warm ups, build trust	Opportunity to build on skills introduced in Y7 Continued links with local area with sports clubs that are running currently Fixtures in the district at this time of year Interleaving netball/gymnastics facilitates learning
8 "know how to"	Health and Fitness - 6 Hours	Components of fitness, testing methods, analyse and improve performance in fitness planning - methods of training, heart rates in exercise, participate in exercise to increase fitness, respectful of self and others fitness, awareness of long term health benefits	Outdoor and Adventurous Activities - 6 Hours	Communication skills, problem solving skills, teamwork, respect for others, personal development, leadership	Facilities around christmas time Able to discuss health and fitness used in netball/gymnastics (context) Lack of fixtures due to light/weather allows for focus on other areas Able to reflect on physical fitness capabilities in netball/gymnastics taught previously
8 "know how to"	Invasion Games - Football 6 Hours	Develop techniques, principles of play, transfer of games tactics and strategies, respect for rules, teamwork, problem solving skills, leadership opportunities - captain/warm ups, increase sense of belonging	Invasion Games - Basketball 6 Hours Net Games - Table Tennis - 6 Hours	Develop techniques, baseline skill assessment, teamwork, tactics and strategies, respect for rules/equipment, sense of belonging and respect for others, leadership skills - lead warm ups Develop techniques, tactics and strategies (transfer and new), safety and respect around equipment, respect for others, fair play, transfer and develop problem solving skills, umpiring	Links to local clubs at this time of year increases engagement and interest School fixtures in district (football) Spaced learning from netball to football/basketball/table tennis (invasion games) Working on teamwork and communication skills which these team sports can offer lots of opportunities for.
8 "know how to"	Athletics Activities - 8 Hours	Develop techniques - throw, jump, sprint, principles of movement, application of strength/power, awareness of long term health benefits, self motivation, respectful of own and others' fitness, compete with respect, analyse and improve performance	Striking and Fielding - Rounders 12 Hours	Develop technique, throw/sprint/dive, umpiring, apply tactics and strategies (new), safety around equipment, respect in competition, leadership skills and problem solving.	Broad range of sports - meeting this aim Working on individual sports to allow leadership and confidence skills to be improved.
8 "know how to"	Net Games - Tennis 4 Hours	Develop techniques, tactics and strategies (transfer and new), safety and respect around equipment, respect for others, fair play, transfer and develop problem solving skills, umpiring			Athletics first - basic core skills (throw, jump, run) - timing allows for sports day preparation Hand eye coordination can be delivered across 3 contexts and developed simultaneously Respect for others' can be shown in a different contest (athletics events) Athletics events timings increases student engagement Rounders fixtures across the district will be running. Athletics and tennis competitions globally runnin
KEY: THINKING SKILLS (HEAD) FEELING SKILLS (HEART) DOING SKILLS (HANDS)					



Year 9 Girls PE Scheme of Learning/Content Sequencing

Year	Context and Duration	Unit Content Sequencing	Context and Duration	Unit Content Sequencing	Justification
9 “know when to and why”	Invasion Games - Netball 10 Hours	Refine techniques, further develop tactics and strategies, respect for rules/equipment, safety in sport, teamwork, problem solving skills, respect and trust in others, body awareness, sense of belonging leadership skills - lead warm ups	Multi gym and Movement Activities - 10 Hours	Refine techniques, safety in sport and respect of equipment, development and awareness of fitness, analyse and improve performances, lead warm ups, build trust	Transfer of skills into more complex tactics of the sport after previous experience Opportunities to lead in both sporting areas Broad range of sports (meets aim) to adapt to the needs of the year group and current social situations.
9 “know when to nd why”	Health and Fitness - 6 Hours	Components of fitness, testing methods, analyse and improve performance in fitness planning - methods of training, heart rates in exercise, principles of training, participate in exercise to increase fitness, respectful of self and others fitness’, awareness of long term health benefits	Outdoor and Adventurous Activities - 6 Hours	Communication skills, problem solving skills, teamwork, respect for others, personal development, leadership	Further build personal awareness of fitness/capabilities Christmas break approaching, opportunity to understand importance of a healthy active lifestyle Building communication and teamwork skills.
9 “know when to and why”	Invasion Games - Football 6 Hours	Refine techniques, principles of play, transfer of games tactics and strategies, respect for rules, teamwork, problem solving skills, leadership opportunities - captain/warm ups, increase sense of belonging	Net Games - Table Tennis - 6 Hours	Refine techniques, tactics and strategies (transfer and new), safety and respect around equipment, respect for others, fair play, transfer and develop problem solving skills, umpiring	Football provides ample opportunities for students to show ‘when and why’ for many key concepts Spaced learning for invasion games
9 “know when to and why”			Invasion Games - Handball - 6 Hours	Refine techniques (transfer), rules and game understanding, umpiring, tactics and strategies, leadership, teamwork	Handball techniques can be converted from netball and basketball (year 8) with a big emphasis on tactics and strategies at older age Opportunity for students to apply techniques into a more technical and unusual setting
9 “know when to and why”	Athletics Activities - 8 Hours	Refine techniques - throw, jump, sprint, principles of movement, application of strength/power, awareness of long term health benefits, self motivation, respectful of own and others’ fitness, compete with respect, analyse and improve performance	Striking and Fielding - Rounders 12 Hours	Refine techniques (transfer and new - glove work), throw/sprint/dive, umpiring, apply tactics and strategies (new), safety around equipment, respect in competition, leadership skills and problem solving.	Umpiring opportunities maintained and more regular through tennis and rounders Lack of local clubs (athletics/rounders) - giving students the opportunities to explore a broad range of activities
9 “know when to and why”	Net Games - Tennis 4 - Hours	Refine techniques, tactics and strategies, safety and respect around equipment, respect for others, fair play, transfer and develop problem solving skills, umpiring			
KEY: THINKING SKILLS (HEAD) FEELING SKILLS (HEART) DOING SKILLS (HANDS)					