



							HT6: Athletics Track / Softball	EOY Assessment Point
							HT5: Athletics Track / Softball	HT1 – HT6
				HT4: Football	Assessment Point: Summative or AFL			
	HT2: Football	Assessment Point: Summative or AFL	HT3: Table Tennis / Basketball					
HT1: Heath related fitness / table tennis badminton	<u>Overarching unit intent:</u> Tackle complex and demanding physical activities that develop personal fitness and promote an active health lifestyle. Engage in competitive games and sport. Health related fitness: Build upon techniques applied in Year 9. Circuit training, interval training, cardio vascular fitness testing, to develop health related fitness and health awareness.	<u>Overarching unit intent:</u> Tackle complex and demanding physical activities that develop personal fitness and promote an active health lifestyle. Engage in competitive games and sport. Football: Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents.	<u>HT1 & HT2</u> Individuals are allowed to develop their performance in the activity of their choice from badminton / table tennis and football with the aim of developing their technique and improving their performance. <u>Key disciplinary knowledge</u> Demonstrate improvement across the activities of their choice and evaluate their performance compared to previous ones.	<u>Overarching unit intent:</u> Tackle complex and demanding physical activities that develop personal fitness and promote an active health lifestyle. Engage in competitive games and sport. Table Tennis Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents. Basketball Re-visit skills learnt in Y10. Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents.	<u>Overarching unit intent:</u> HT3 and HT4 (with elements of HT1 and HT2) Individuals are allowed to develop their performance in the activity of their choice from basketball / table tennis and football with the aim of developing their technique and improving their performance. Football Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents. Basketball Re-visit skills learnt in Y10. Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents.	<u>Overarching unit intent:</u> Tackle complex and demanding physical activities that develop personal fitness and promote an active health lifestyle. Engage in competitive games and sport. Athletics track Re-visit skills learnt in HT5 to achieve their personal best. 60m, 100m, 150m, 200m, 300m, 400m, 800m. Softball Re-visit skills learnt in Y10. Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents.	<u>Overarching unit intent:</u> Tackle complex and demanding physical activities that develop personal fitness and promote an active health lifestyle. Engage in competitive games and sport. Athletics track Re-visit skills learnt in HT5 to achieve their personal best. 60m, 100m, 150m, 200m, 300m, 400m, 800m. Softball Re-visit skills learnt in HT5 Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents.	<u>Key Discipline Knowledge</u> Understand what makes a performance effect and how to apply these principles to their own and others work.
Table Tennis								<u>Key Concepts</u> Embed physical development and skills learnt, Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle. <u>Cross curricular links</u> Maths, Science, CPSHCE, Food and Nutrition.



<p>Re-visit skills learnt in Y10. Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents.</p> <p>Badminton</p> <p>Re-visit skills learnt in Y10. Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents, including doubles matches.</p>	<p>Key Concepts</p> <p>Embed physical development and skills learnt, Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Pupils expected to know, apply and understand the skills and process for each sporting activity. Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle. Compete in activities that build character and help to embed values such as fairness and respect. Engage in competitive games and sport.</p> <p>Engagement and Behaviour:</p> <p>Clear routines provide calm learning environment</p> <p>Lessons are paced appropriately</p> <p>Teachers engage the children through the passion and love for their subject</p>	<p>to overcome opponents.</p>	<p>Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Pupils expected to know, apply and understand the skills and process for each sporting activity. Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle. Compete in activities that build character and help to embed values such as fairness and respect. Engage in competitive games and sport.</p> <p>Engagement and Behaviour:</p> <p>Lessons are paced appropriately</p> <p>Teachers engage the children through the passion and love for their subject</p> <p>Adaptive Teaching:</p> <p>All activities are accessible</p> <p>Deepening Knowledge and Understanding:</p>	<p>Developing Global Catholic Citizens:</p> <p>Pupils are kind, considerate and fair to peers</p> <p>The classroom is inclusive to all needs</p> <p>Careers in sport discussed, please see attached</p>
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		<p>passion and love for their subject</p> <p>Adaptive Teaching:</p> <p>All activities are accessible</p> <p>Careers in sport discussed, please see attached</p>		<p>Teachers model deep understanding of their subject</p> <p>Prior learning is built upon as well</p> <p>Questioning is used effectively</p> <p>Assessment and Feedback:</p> <p>Questioning is used to check understanding</p> <p>Different feedback methods are used to secure progress</p>			
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Catholic Life of the School:

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The Physical Education department ensure our children strive to perform as global Catholic Citizens and demonstrate their faith through the manner in which they treat one another demonstrating skills and qualities such as respect, compassion, team work and leadership.

In Physical Education our pupils are taught the lesson of 'solidarity', this is demonstrated through working together as a team.

Pupils are also taught the lesson of 'rights and responsibilities', this is demonstrated when pupils are given certain roles with a team and to know their rights and responsibilities.

Pupils are also tasked with 'participation', we expect all children to participate during lessons to the best of their ability to reach their full potential.





Extended Reading	
Half Term 1 Fitness and Table Tennis/ Badminton	Bullying/mental health- Corrie actor Colson Smith: 'I've been trolled over my weight for 10 years' https://www.bbc.co.uk/news/newsbeat-57234368 Tips for first-time runner https://www.bbc.co.uk/news/newsbeat-55996596 Guinness World Records Day: Try our record-breaking fitness quiz https://www.bbc.co.uk/sport/54250925
Half Term 2 Football and Handball	Handball - fact file https://www.bbc.co.uk/bitesize/guides/zxspfrd/revision/1 Handball - essential skills and techniques https://www.bbc.co.uk/bitesize/guides/z32qmnb/revision/1
Half Term 3 Table Tennis and Basketball	Basketball – fact file https://www.bbc.co.uk/bitesize/guides/z8w8j6f/revision/1 Basketball - essential skills and techniques https://www.bbc.co.uk/bitesize/guides/zy4r9qt/revision/1
Half Term 4 Football and Handball	Alex Scott: How to make it as a pundit https://www.bbc.co.uk/bitesize/articles/zjrgpg8
Half Term 5 Athletics Track and Softball	Kamila Valieva: What is trimetazidine - the drug at the centre of the Beijing Olympics doping scandal? https://news.sky.com/story/kamila-valieva-who-is-the-15-year-old-russian-figure-skater-at-the-centre-of-the-beijing-olympics-doping-scandal-12538895
Half Term 6 Athletics Track and Softball	Working in sports: Q&A panel with Max Whittle https://www.bbc.co.uk/bitesize/articles/zmywjsq