

OCL PE Curriculum: Long Term Plan

Brief overview

Y7

Knowing myself:

Students will learn about their physical, intellectual, emotional, and social strengths and weaknesses. They will develop teamwork and understand responsibilities required to be successful in sport and health lessons.

Activities in Year 7 start with baseline testing lessons of locomotion, object control, stability skills and fitness. Activities are planned to give students the opportunity to experience progress in a wide range sport and activity available in the physical education national curriculum. Availability of facility, time of year and local opportunities are taken into consideration when designing the long-term plan. Activities are also designed to align with the local school sports partnership, local competitions, and events. Activities are also chosen that promote pathways to our community sports clubs and local physical activity opportunities.

In KS3, students will be given the opportunity to experience and perform in a range on sports and activities including:

- Invasion games
- Net/Wall games
- Striking and fielding
 - Dance
- Individual sports
- Health Related Fitness Activities

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Invasion games	Individual sports Invasion games Health related fitness Net/wall games	Invasion games Health related fitness Net/wall games Dance	Invasion games Health related fitness Net/wall games	Individual sports	Individual sports Striking and fielding
Classes and activities	7X1 Rugby & Football 7X2 Hockey & Netball 7Y1 Hockey & Netball 7Y2 Rugby & Football 7Z1 Rugby & Football 7Z2 Hockey & Netball	7X1 X-Country & Badminton 7X2 X-Country & Rugby 7Y1 X-Country & Football 7Y2 X-Country & HRF 7Z1 X-Country & Badminton 7Z2 X-Country & Football	7X1 HRF & Hockey 7X2 Dance & Football 7Y1 Dance & Rugby 7Y2 Badminton & Basketball 7Z1 HRF & Basketball 7Z2 Dance & Rugby	7X1 Basketball & Table Tennis 7X2 HRF & Badminton 7Y1 HRF & Badminton 7Y2 Hockey & Table Tennis 7Z1 Hockey & Table Tennis 7Z2 HRF & Badminton	7X1 Athletics 7X2 Athletics 7Y1 Athletics 7Y2 Athletics 7Z1 Athletics 7Z2 Athletics	7X1 Athletics & Cricket 7X2 Athletics & Rounders 7Y1 Athletics & Rounders 7Y2 Athletics & Cricket 7Z1 Athletics & Cricket 7Z2 Athletics & Rounders

Core declarative knowledge	Net/wall games:	HRF:	Invasion games:	Striking and fielding:	Individual sports:	Dance:
<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play net/wall games e.g. serve, rallying skills, types of movement.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the basic physiological effects that these activities have on the body.</p> <p>Knowing simple tactics used in games.</p> <p>Knowing the benefits of these activities on health.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different systems of the body.</p> <p>Knowing the effects of exercise on the systems of the body.</p> <p>Knowing different exercises that could help to live a healthy life.</p> <p>Knowing the different components of fitness.</p> <p>Knowing the benefits of these activities on health.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play invasion games e.g., passing, receiving, attacking, defending.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the basic physiological effects that these activities have on the body.</p> <p>Knowing simple tactics used in games.</p> <p>Knowing different formations/positions in a game.</p> <p>Knowing the benefits of these activities on health.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play striking and fielding games e.g., throwing, catching, batting, and fielding.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the basic physiological effects that these activities have on the body.</p> <p>Knowing simple tactics used in games.</p> <p>Knowing the benefits of these activities on health.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play individual sports e.g., throws, jumps, rolls, rotations, vaults.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the basic physiological effects that these activities have on the body.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different movements and actions used in dance.</p> <p>Knowing the different styles and cultures in dance.</p> <p>Knowing the basic elements of dance.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different movements and actions used in dance.</p> <p>Knowing the different styles and cultures in dance.</p> <p>Knowing the basic elements of dance.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught</p>
<p>Core procedural knowledge</p>	<p>Net/wall games:</p> <p>Knowing how to perform the different fundamental movement skills that underpin net/wall games (running, striking, jumping etc.)</p> <p>Knowing how to perform the different technical skills required in net/wall games (object control, rallying skills, shots, court movement, serves etc.)</p> <p>Knowing how to implement different tactics and strategies in net/ wall games (shot build up, court positioning, ball/shuttle placement etc.)</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to play to the rules of the game.</p>	<p>HRF:</p> <p>Knowing how to perform the different fundament movement skills that underpin HRF activities (balance and locomotor skills)</p> <p>Knowing how to perform the different technical skills required in HRF activities (squats, press ups, planks, sit ups etc.)</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to perform basic fitness tests.</p>	<p>Invasion games:</p> <p>Knowing how to perform the different fundamental movement skills that underpin invasion games (running, jumping, ball skills)</p> <p>Knowing how to perform the different technical skills required in invasion games (ball control, passing, receiving, dribbling, shooting etc.)</p> <p>Knowing how to implement different tactics and strategies in invasion games (attacking, defending, set plays, creating space).</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to play to the rules of the game.</p>	<p>Striking and fielding:</p> <p>Knowing how to perform the different fundamental movement skills that underpin striking and fielding games (running, throwing, striking etc.)</p> <p>Knowing how to perform the different technical skills required in striking and fielding games (throwing, catching, batting, fielding etc.)</p> <p>Knowing how to implement different tactics and strategies in invasion games (ball positioning, defensive play, base running etc.)</p> <p>Knowing how to keep safe when participating in these activities.</p>	<p>Individual sports:</p> <p>Knowing how to perform the different fundamental movement skills that underpin individual sports (balance, locomotor, jumping, throwing etc.)</p> <p>Knowing how to perform the different technical skills required in individual sports (athletic disciplines, rotations, vaults, rolls etc.)</p> <p>Knowing how to implement different tactics and strategies in individual sports (pacing, skill application, positioning etc.)</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to judge performances.</p>	<p>Dance:</p> <p>Knowing how to perform the different fundamental movement skills that underpin dance (balance, locomotor, jumping, etc.)</p> <p>Knowing how to perform the different technical skills required in dance (action content, dynamic content, spatial content, relationship content, timing content, rhythmic content)</p> <p>Knowing how to choreograph simple routines.</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to use expressive skills in dance (projection, focus, facial expressions etc.)</p>

			Knowing how to behave around others. Knowing how to work as a team.	Knowing how to play to the rules of the game.		
--	--	--	--	---	--	--

Brief overview

Y8

Developing a growth mindset:

Students will learn how to improve their areas of development and understand they have control to improve physically, intellectually, emotionally, and socially. Students will positively reinforce improvements in themselves and others.

Activities are planned to give students the opportunity to experience progress in a wide range sport and activity available in the physical education national curriculum. Availability of facility, time of year, teacher expertise and local opportunities are taken into consideration when designing the long-term plan. Activities are also designed to align with the local school sports partnership, local competitions, and events. Activities are also chosen that promote pathways to our community sports clubs and local physical activity opportunities.

In KS3, students will be given the opportunity to experience and perform in a range on sports and activities including:

- Invasion games
- Net/Wall games
- Striking and fielding
 - Dance
- Individual sports
- Health Related Fitness Activities

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Invasion games Health related fitness	Individual sports Invasion games Health related fitness	Invasion games Net/wall games Dance	Invasion games	Individual sports	Individual sports Striking and fielding
Classes and activities	8X1 Netball & Football 8X2 HRF & Rugby 8Y1 Netball & Football 8Y2 HRF & Rugby 8Z1 Netball & Football 8Z2 HRF & Rugby	8X1 X-Country & HRF 8X2 X-Country & Football 8Y1 X-Country & HRF 8Y2 X-Country & Football 8Z1 X-Country & HRF 8Z2 X-Country & Football	8X1 Dance & Badminton 8X2 Badminton & Hockey 8Y1 Dance & Badminton 8Y2 Badminton & Hockey 8Z1 Dance & Badminton 8Z2 Badminton & Hockey	8X1 Rugby & Hockey 8X2 Basketball & Handball 8Y1 Rugby & Hockey 8Y2 Basketball & Handball 8Z1 Rugby & Hockey 8Z2 Basketball & Handball	8X1 Athletics 8X2 Athletics 8Y1 Athletics 8Y2 Athletics 8Z1 Athletics 8Z2 Athletics	8X1 Athletics & Rounders 8X2 Athletics & Softball 8Y1 Athletics & Rounders 8Y2 Athletics & Softball 8Z1 Athletics & Rounders 8Z2 Athletics & Softball

Core declarative knowledge	Net/wall games:	HRF:	Invasion games:	Striking and fielding:	Individual sports:	Dance:
<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play net/wall games e.g. serve, rallying skills, types of movement.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing simple and some complex tactics used in games.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different systems of the body and the major muscles (scientific names).</p> <p>Knowing the effects of exercise on the systems of the body.</p> <p>Knowing different exercises that could help to live a healthy life.</p> <p>Knowing the different components of fitness.</p> <p>Knowing the different sections of a workout.</p> <p>Knowing the benefits of these activities on health wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play invasion games e.g., passing, receiving, attacking, defending.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing simple and complex tactics used in games.</p> <p>Knowing different formations/ positions in a game.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play striking and fielding games e.g., throwing, catching, batting, and fielding.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing simple and complex tactics used in games.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play individual sports e.g., throws, jumps, rolls, rotations, vaults.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different movements and actions used in dance.</p> <p>Knowing the different styles and cultures in dance.</p> <p>Knowing what a stimulus is.</p> <p>Knowing the different sections of a routine.</p> <p>Knowing the basic and complex elements of dance.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different movements and actions used in dance.</p> <p>Knowing the different styles and cultures in dance.</p> <p>Knowing what a stimulus is.</p> <p>Knowing the different sections of a routine.</p> <p>Knowing the basic and complex elements of dance.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p>
Core procedural knowledge	Net/wall games:	HRF:	Invasion games:	Striking and fielding:	Individual sports:	Dance:
<p>Knowing how to perform the different fundamental movement skills that underpin net/wall games (running, striking, jumping etc.)</p> <p>Knowing how to perform and refine the different technical skills required in net/wall games (object control, rallying skills, shots, court movement, serves etc.)</p> <p>Knowing how to implement different tactics and strategies in net/ wall games (shot build up, court positioning, ball/shuttle placement etc.)</p>	<p>Knowing how to perform the different fundament movement skills that underpin HRF activities (balance and locomotor skills)</p> <p>Knowing how to perform and refine the different technical skills required in HRF activities (squats, press ups, planks, sit ups etc.)</p> <p>Knowing how to set up a circuit/ workout.</p> <p>Knowing how to keep safe when participating in these activities.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin invasion games (running, jumping, ball skills)</p> <p>Knowing how to perform and refine the different technical skills required in invasion games (ball control, passing, receiving, dribbling, shooting etc.)</p> <p>Knowing how to implement different tactics and strategies in invasion games (attacking, defending, set plays, creating space).</p>	<p>Knowing how to perform the different fundamental movement skills that underpin striking and fielding games (running, throwing, striking etc.)</p> <p>Knowing how to perform and refine the different technical skills required in striking and fielding games (throwing, catching, batting, fielding etc.)</p> <p>Knowing how to implement different tactics and strategies in invasion games (ball positioning, defensive play, base running etc.)</p>	<p>Knowing how to perform the different fundamental movement skills that underpin individual sports (balance, locomotor, jumping, throwing etc.)</p> <p>Knowing how to perform the different technical skills required in individual sports (athletic disciplines, rotations, vaults, rolls etc.)</p> <p>Knowing how to implement different tactics and strategies in individual sports (pacing, skill application, positioning etc.)</p> <p>Knowing how to keep safe when participating in these activities.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin dance (balance, locomotor, jumping, etc.)</p> <p>Knowing how to perform and refine the different technical skills required in dance (action content, dynamic content, spatial content, relationship content, timing content, rhythmic content)</p> <p>Knowing how to choreograph simple routines.</p> <p>Knowing how to keep safe when participating in these activities.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin dance (balance, locomotor, jumping, etc.)</p> <p>Knowing how to perform and refine the different technical skills required in dance (action content, dynamic content, spatial content, relationship content, timing content, rhythmic content)</p> <p>Knowing how to choreograph simple routines.</p> <p>Knowing how to keep safe when participating in these activities.</p>

	<p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to play to the rules of the game.</p> <p>Knowing how to score games.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to perform basic fitness tests.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to play to the rules of the game.</p> <p>Knowing how to score games.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to play to the rules of the game.</p> <p>Knowing how to score games.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to officiate an event.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to use expressive skills in dance (projection, focus, facial expressions etc.)</p> <p>Knowing how to analyse performance.</p>
--	--	---	--	--	--	--

Brief overview

Y9

Developing Leadership

Students will develop leadership qualities, they will lead small groups demonstrating and understanding of STEP principle (Space, Task, Equipment, People). Year 9's will be given the opportunity to gain leadership skills and work with governing bodies for different sports.

Additional to earlier KS3 activities students will be undertake a sports leadership unit. Activities are planned to give students the opportunity to experience progress in a wide range sport and activity available in the physical education national curriculum. Availability of facility, time of year, teacher expertise and local opportunities are taken into consideration when designing the long-term plan. Activities are also designed to align with the local school sports partnership, local competitions, and events. Activities are also chosen that promote pathways to our community sports clubs and local physical activity opportunities.

In KS3, students will be given the opportunity to experience and perform in a range on sports and activities including:

- Invasion games
- Net/Wall games
- Striking and fielding
 - Dance
- Individual sports
- Health Related Fitness Activities

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Invasion games Health related fitness	Individual sports Invasion games Health related fitness	Invasion games Net/wall games Dance Health related fitness	Invasion games Net/wall games	Individual sports	Individual sports Striking and fielding
Classes and activities	9X1 Netball & Hockey 9X2 Football & HRF 9Y1 Netball & Hockey 9Y2 Football & HRF 9Z1 Netball & Hockey 9Z2 Football & HRF	9X1 X-Country & HRF 9X2 X-Country & Basketball 9Y1 X-Country & Dance 9Y2 X-Country & Rugby 9Z1 X-Country & Dance 9Z2 X-Country & Rugby	9X1 Dance & Football 9X2 Hockey & Rugby 9Y1 HRF & Handball 9Y2 Basketball & Table Tennis 9Z1 HRF & Handball 9Z2 Basketball & Table Tennis	9X1 Handball & Table Tennis 9X2 Table Tennis & Badminton 9Y1 Football & Table Tennis 9Y2 Hockey & Badminton 9Z1 Football & Table Tennis 9Z2 Hockey & Badminton	9X1 Athletics 9X2 Athletics 9Y1 Athletics 9Y2 Athletics 9Z1 Athletics 9Z2 Athletics	9X1 Athletics & Rounders 9X2 Athletics & Softball 9Y1 Athletics & Rounders 9Y2 Athletics & Softball 9Z1 Athletics & Rounders 9Z2 Athletics & Softball

Core declarative knowledge	Net/wall games:	HRF:	Invasion games:	Striking and fielding:	Individual sports:	Dance:
<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play net/wall games e.g. serve, rallying skills, types of movement.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the roles and responsibilities of officials.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing simple and some complex tactics used in games.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing the different types of performance analysis.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different systems of the body and the major muscles (scientific names).</p> <p>Knowing the effects of exercise on the systems of the body.</p> <p>Knowing different exercises that could help to live a healthy life.</p> <p>Knowing the different components of fitness.</p> <p>Knowing the different sections of a workout.</p> <p>Knowing the benefits of these activities on health wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing the different types of performance analysis.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play invasion games e.g., passing, receiving, attacking, defending.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the roles and responsibilities of officials.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing simple and complex tactics used in games.</p> <p>Knowing different formations/positions in a game.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing the different types of performance analysis.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play striking and fielding games e.g., throwing, catching, batting, and fielding.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the roles and responsibilities of officials.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing simple and complex tactics used in games.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing the different types of performance analysis.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play individual sports e.g., throws, jumps, rolls, rotations, vaults.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the roles and responsibilities of officials.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing the different types of performance analysis.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different movements and actions used in dance.</p> <p>Knowing the different styles and cultures in dance.</p> <p>Knowing what a stimulus is.</p> <p>Knowing the different sections of a routine.</p> <p>Knowing the basic and complex elements of dance.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing the different types of performance analysis.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different movements and actions used in dance.</p> <p>Knowing the different styles and cultures in dance.</p> <p>Knowing what a stimulus is.</p> <p>Knowing the different sections of a routine.</p> <p>Knowing the basic and complex elements of dance.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing the different types of performance analysis.</p>
Core procedural knowledge	Net/wall games:	HRF:	Invasion games:	Striking and fielding:	Individual sports:	Dance:
<p>Knowing how to perform the different fundamental movement skills that underpin net/wall games (running, striking, jumping etc.)</p> <p>Knowing how to perform and refine the different technical skills required in net/wall games (object control, rallying skills, shots, court movement, serves etc.) in isolation and competitive games.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin HRF activities (balance and locomotor skills)</p> <p>Knowing how to perform and refine the different technical skills required in HRF activities (squats, press ups, planks, sit ups etc.)</p>	<p>Knowing how to perform the different fundamental movement skills that underpin invasion games (running, jumping, ball skills)</p> <p>Knowing how to perform and refine the different technical skills required in invasion games (ball control, passing, receiving, dribbling, shooting etc.) in isolation and competitive games.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin striking and fielding games (running, throwing, striking etc.)</p> <p>Knowing how to perform and refine the different technical skills required in striking and fielding games (throwing,</p>	<p>Knowing how to perform the different fundamental movement skills that underpin individual sports (balance, locomotor, jumping, throwing etc.)</p> <p>Knowing how to perform the different technical skills required in individual sports (athletic disciplines, rotations, vaults, rolls etc.) in practice and competition.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin dance (balance, locomotor, jumping, etc.)</p> <p>Knowing how to perform and refine the different technical skills required in dance (action content, dynamic content, spatial content, relationship content, timing</p>	<p>Knowing how to perform the different fundamental movement skills that underpin dance (balance, locomotor, jumping, etc.)</p> <p>Knowing how to perform and refine the different technical skills required in dance (action content, dynamic content, spatial content, relationship content, timing</p>

	<p>Knowing how to implement different tactics and strategies in net/ wall games (shot build up, court positioning, ball/shuttle placement etc.)</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to play to the rules of the game.</p> <p>Knowing how to officiate games.</p> <p>Knowing how to be a good sportsperson.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to set up a circuit/ workout.</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to perform basic fitness tests.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to implement different tactics and strategies in invasion games (attacking, defending, set plays, creating space).</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to play to the rules of the game.</p> <p>Knowing how to officiate games.</p> <p>Knowing how to be a good sportsperson.</p> <p>Knowing how to analyse performance.</p>	<p>catching, batting, fielding etc.) in isolation and competitive games.</p> <p>Knowing how to implement different tactics and strategies in invasion games (ball positioning, defensive play, base running etc.)</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to play to the rules of the game.</p> <p>Knowing how to officiate games.</p> <p>Knowing how to be a good sportsperson.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to implement different tactics and strategies in individual sports (pacing, skill application, positioning etc.)</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to officiate an event.</p> <p>Knowing how to analyse performance.</p>	<p>content, rhythmic content) in practice and competition.</p> <p>Knowing how to choreograph simple and more complex routines.</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to use expressive skills in dance (projection, focus, facial expressions etc.)</p> <p>Knowing how to analyse performance.</p>
--	--	--	--	--	--	---

Brief overview

Y10

Improving resilience:

Students will learn about mental health (factors that can support positive mental health and barriers that prevent it). Students will explore how to handle pressure, coping mechanisms and routines that build resilience.

In KS4, activities are planned to encourage lifelong involvement in an active and healthy lifestyle. Student voice will be involved with activities on the long-term plan along with, availability of facility, time of year, teacher expertise and local opportunities. Activities will still be designed to align with the local School Sports partnership local competitions and events but also looking at other local opportunities to exercise and sports that may be played recreationally. Activities are also chosen that promote pathways to our community sports clubs and local physical activity opportunities.

In KS4, students will be given the opportunity to experience and perform in a range on sports and activities that they can take part in out of school and in later life to lead a healthy and active lifestyle including:

- Invasion games
- Net/Wall games
- Striking and fielding
 - Dance
- Individual sports
- Health Related Fitness Activities

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Invasion games Health related fitness Activity choices will be selected with the support of student voice through a questionnaire.	Dance Health related fitness Net/Wall games Individual sports Activity choices will be selected with the support of student voice through a questionnaire.	Invasion games Health related fitness Net/Wall games Activity choices will be selected with the support of student voice through a questionnaire.	Invasion games Health related fitness Net/Wall games Activity choices will be selected with the support of student voice through a questionnaire.	Individual sports Striking and fielding Net/Wall games Activity choices will be selected with the support of student voice through a questionnaire.	Individual sports Striking and fielding Net/Wall games Activity choices will be selected with the support of student voice through a questionnaire.
Classes and activities	Activity 1 Football Activity 2 HRF Activity 3 Netball	Activity 1 Dance Activity 2 HRF Activity 3 Badminton Activity 4 X-Country	Activity 1 Basketball Activity 2 HRF Activity 3 Table Tennis	Activity 1 Rugby Activity 2 HRF Activity 3 Volleyball	Activity 1 Athletics Activity 2 Rounders Activity 3 Tennis	Activity 1 Athletics Activity 2 Softball Activity 3 Tennis

Core declarative knowledge	Net/wall games:	HRF:	Invasion games:	Striking and fielding:	Individual sports:	Dance:
<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play net/wall games e.g. serve, rallying skills, types of movement.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the roles and responsibilities of officials.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing simple and some complex tactics used in games.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing where to access these types of activities in the community.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different systems of the body and the major muscles (scientific names).</p> <p>Knowing the effects of exercise on the systems of the body.</p> <p>Knowing different exercises that could help to live a healthy life.</p> <p>Knowing the different components of fitness.</p> <p>Knowing the different sections of a workout.</p> <p>Knowing the benefits of these activities on health wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing where to access these types of activities in the community.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play invasion games e.g., passing, receiving, attacking, defending.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the roles and responsibilities of officials.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing simple and complex tactics used in games.</p> <p>Knowing different formations/positions in a game.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing where to access these types of activities in the community.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play striking and fielding games e.g., throwing, catching, batting, and fielding.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the roles and responsibilities of officials.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing simple and complex tactics used in games.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing where to access these types of activities in the community.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play individual sports e.g., throws, jumps, rolls, rotations, vaults.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the roles and responsibilities of officials.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing where to access these types of activities in the community.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different movements and actions used in dance.</p> <p>Knowing the different styles and cultures in dance.</p> <p>Knowing what a stimulus is.</p> <p>Knowing the different sections of a routine.</p> <p>Knowing the basic and complex elements of dance.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing where to access these types of activities in the community.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different movements and actions used in dance.</p> <p>Knowing the different styles and cultures in dance.</p> <p>Knowing what a stimulus is.</p> <p>Knowing the different sections of a routine.</p> <p>Knowing the basic and complex elements of dance.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing where to access these types of activities in the community.</p>

Core procedural knowledge	Net/wall games:	HRF:	Invasion games:	Striking and fielding:	Individual sports:	Dance:
<p>Knowing how to perform the different fundamental movement skills that underpin net/wall games (running, striking, jumping etc.)</p> <p>Knowing how to perform and master the different technical skills required in net/wall games (object control, rallying skills, shots, court movement, serves etc.) in isolation and competitive games.</p> <p>Knowing how to implement different tactics and strategies in net/ wall games (shot build up, court positioning, ball/shuttle placement etc.)</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to play to the rules of the game.</p> <p>Knowing how to officiate games.</p> <p>Knowing how to set up and organise small games.</p> <p>Knowing how to be a good sportsperson.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin HRF activities (balance and locomotor skills)</p> <p>Knowing how to perform and master the different technical skills required in HRF activities (squats, press ups, planks, sit ups etc.)</p> <p>Knowing how to set up a circuit/ workout.</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to perform basic fitness tests.</p> <p>Knowing how to set up and organise individual and group workouts.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin invasion games (running, jumping, ball skills)</p> <p>Knowing how to perform and master the different technical skills required in invasion games (ball control, passing, receiving, dribbling, shooting etc.) in isolation and competitive games.</p> <p>Knowing how to implement different tactics and strategies in invasion games (attacking, defending, set plays, creating space).</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to play to the rules of the game.</p> <p>Knowing how to officiate games.</p> <p>Knowing how to set up and organise small games.</p> <p>Knowing how to be a good sportsperson.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin striking and fielding games (running, throwing, striking etc.)</p> <p>Knowing how to perform and master the different technical skills required in striking and fielding games (throwing, catching, batting, fielding etc.) in isolation and competitive games.</p> <p>Knowing how to implement different tactics and strategies in invasion games (ball positioning, defensive play, base running etc.)</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to play to the rules of the game.</p> <p>Knowing how to officiate games.</p> <p>Knowing how to set up and organise small games.</p> <p>Knowing how to be a good sportsperson.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin individual sports (balance, locomotor, jumping, throwing etc.)</p> <p>Knowing how to perform and master the different technical skills required in individual sports (athletic disciplines, rotations, vaults, rolls etc.) in practice and competition.</p> <p>Knowing how to implement different tactics and strategies in individual sports (pacing, skill application, positioning etc.)</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to officiate an event.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin dance (balance, locomotor, jumping, etc.)</p> <p>Knowing how to perform and master the different technical skills required in dance (action content, dynamic content, spatial content, relationship content, timing content, rhythmic content) in practice and competition.</p> <p>Knowing how to choreograph individual and group routines.</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to use expressive skills in dance (projection, focus, facial expressions etc.)</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin dance (balance, locomotor, jumping, etc.)</p> <p>Knowing how to perform and master the different technical skills required in dance (action content, dynamic content, spatial content, relationship content, timing content, rhythmic content) in practice and competition.</p> <p>Knowing how to choreograph individual and group routines.</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to use expressive skills in dance (projection, focus, facial expressions etc.)</p> <p>Knowing how to analyse performance.</p>

Brief overview

Y11

Making healthy choices

Students will be given responsibility for making their activity choices in lesson. Students will understand the short- and long-term physical and mental health benefits to exercise. Students will plan exercise beyond the school day and be able to discuss with teachers any support they may require.

In KS4, activities are planned to encourage lifelong involvement in an active and healthy lifestyle. Student voice will be involved with activities on the long-term plan along with, availability of facility, time of year, teacher expertise and local opportunities. Activities will still be designed to align with the local School Sports partnership local competitions and events but also looking at other local opportunities to exercise and sports that may be played recreationally. Activities are also chosen that promote pathways to our community sports clubs and local physical activity opportunities.

In KS4, students will be given the opportunity to experience and perform in a range on sports and activities that they can take part in out of school and in later life to lead a healthy and active lifestyle including:

- Invasion games
- Net/Wall games
- Striking and fielding
 - Dance
- Individual sports
- Health Related Fitness Activities

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Unit title	Invasion games Health related fitness Activity choices will be selected with the support of student voice through a questionnaire.	Dance Health related fitness Net/Wall games Individual sports Activity choices will be selected with the support of student voice through a questionnaire.	Invasion games Health related fitness Net/Wall games Activity choices will be selected with the support of student voice through a questionnaire.	Invasion games Health related fitness Net/Wall games Activity choices will be selected with the support of student voice through a questionnaire.	Individual sports Striking and fielding Net/Wall games Activity choices will be selected with the support of student voice through a questionnaire.
Classes and activities	Activity 1 <i>Football</i> Activity 2 <i>HRF</i> Activity 3 <i>Netball</i>	Activity 1 <i>Dance</i> Activity 2 <i>HRF</i> Activity 3 <i>Badminton</i> Activity 4 <i>X-Country</i>	Activity 1 <i>Basketball</i> Activity 2 <i>HRF</i> Activity 3 <i>Table Tennis</i>	Activity 1 <i>Rugby</i> Activity 2 <i>HRF</i> Activity 3 <i>Volleyball</i>	Activity 1 <i>Athletics</i> Activity 2 <i>Rounders</i> Activity 3 <i>Tennis</i>

Core declarative knowledge	Net/wall games:	HRF:	Invasion games:	Striking and fielding:	Individual sports:	Dance:
<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play net/wall games e.g. serve, rallying skills, types of movement.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the roles and responsibilities of officials.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing simple and some complex tactics used in games.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing where to access these types of activities in the community.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different systems of the body and the major muscles (scientific names).</p> <p>Knowing the effects of exercise on the systems of the body.</p> <p>Knowing different exercises that could help to live a healthy life.</p> <p>Knowing the different components of fitness.</p> <p>Knowing the different sections of a workout.</p> <p>Knowing the benefits of these activities on health wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing where to access these types of activities in the community.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play invasion games e.g., passing, receiving, attacking, defending.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the roles and responsibilities of officials.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing simple and complex tactics used in games.</p> <p>Knowing different formations/positions in a game.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing where to access these types of activities in the community.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play striking and fielding games e.g., throwing, catching, batting, and fielding.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the roles and responsibilities of officials.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing simple and complex tactics used in games.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing where to access these types of activities in the community.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the key technical skills required to play individual sports e.g., throws, jumps, rolls, rotations, vaults.</p> <p>Knowing the rules associated with the activities taught.</p> <p>Knowing the roles and responsibilities of officials.</p> <p>Knowing the physiological effects that these activities have on the body.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing where to access these types of activities in the community.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different movements and actions used in dance.</p> <p>Knowing the different styles and cultures in dance.</p> <p>Knowing what a stimulus is.</p> <p>Knowing the different sections of a routine.</p> <p>Knowing the basic and complex elements of dance.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing where to access these types of activities in the community.</p>	<p>Knowing the fundamental movement skills that underpin the activities taught.</p> <p>Knowing the different movements and actions used in dance.</p> <p>Knowing the different styles and cultures in dance.</p> <p>Knowing what a stimulus is.</p> <p>Knowing the different sections of a routine.</p> <p>Knowing the basic and complex elements of dance.</p> <p>Knowing what makes a good performance.</p> <p>Knowing the benefits of these activities on health and wellbeing.</p> <p>Knowing the key social and emotional skills and qualities required to be successful in the activities taught.</p> <p>Knowing the different types of performance analysis.</p> <p>Knowing the different skills, attributes, and qualities of a good leader.</p> <p>Knowing where to access these types of activities in the community.</p>

Core procedural knowledge	Net/wall games:	HRF:	Invasion games:	Striking and fielding:	Individual sports:	Dance:
<p>Knowing how to perform the different fundamental movement skills that underpin net/wall games (running, striking, jumping etc.)</p> <p>Knowing how to perform and master the different technical skills required in net/wall games (object control, rallying skills, shots, court movement, serves etc.) in isolation and competitive games.</p> <p>Knowing how to implement different tactics and strategies in net/ wall games (shot build up, court positioning, ball/shuttle placement etc.)</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to play to the rules of the game.</p> <p>Knowing how to officiate games.</p> <p>Knowing how to set up and organise small games.</p> <p>Knowing how to be a good sportsperson.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin HRF activities (balance and locomotor skills)</p> <p>Knowing how to perform and master the different technical skills required in HRF activities (squats, press ups, planks, sit ups etc.)</p> <p>Knowing how to set up a circuit/ workout.</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to perform basic fitness tests.</p> <p>Knowing how to set up and organise individual and group workouts.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin invasion games (running, jumping, ball skills)</p> <p>Knowing how to perform and master the different technical skills required in invasion games (ball control, passing, receiving, dribbling, shooting etc.) in isolation and competitive games.</p> <p>Knowing how to implement different tactics and strategies in invasion games (attacking, defending, set plays, creating space).</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to play to the rules of the game.</p> <p>Knowing how to officiate games.</p> <p>Knowing how to set up and organise small games.</p> <p>Knowing how to be a good sportsperson.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin striking and fielding games (running, throwing, striking etc.)</p> <p>Knowing how to perform and master the different technical skills required in striking and fielding games (throwing, catching, batting, fielding etc.) in isolation and competitive games.</p> <p>Knowing how to implement different tactics and strategies in invasion games (ball positioning, defensive play, base running etc.)</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to play to the rules of the game.</p> <p>Knowing how to officiate games.</p> <p>Knowing how to set up and organise small games.</p> <p>Knowing how to be a good sportsperson.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin individual sports (balance, locomotor, jumping, throwing etc.)</p> <p>Knowing how to perform and master the different technical skills required in individual sports (athletic disciplines, rotations, vaults, rolls etc.) in practice and competition.</p> <p>Knowing how to implement different tactics and strategies in individual sports (pacing, skill application, positioning etc.)</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to officiate an event.</p> <p>Knowing how to analyse performance.</p>	<p>Knowing how to perform the different fundamental movement skills that underpin dance (balance, locomotor, jumping, etc.)</p> <p>Knowing how to perform and master the different technical skills required in dance (action content, dynamic content, spatial content, relationship content, timing content, rhythmic content) in practice and competition.</p> <p>Knowing how to choreograph individual and group routines.</p> <p>Knowing how to keep safe when participating in these activities.</p> <p>Knowing how to use expressive skills in dance (projection, focus, facial expressions etc.)</p> <p>Knowing how to analyse performance.</p>	

