	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Topic	Rugby	Badminton	Health related fitness	Football	Athletics	Cricket
Key concepts	Rucking     Line outs     Scrums	<ul> <li>Overhead clear</li> <li>Drop shot</li> <li>Overhead smash</li> </ul>		<ul> <li>Shooting</li> <li>Set plays</li> <li>Defensive tactics</li> </ul>	Run Jump Throw	<ul><li>Fielding</li><li>Batting</li><li>Bowling</li></ul>
Knowledge and understanding milestones	Pupils will further develop the fundamental principles of play when selecting and applying tactics for defending and attacking. Pupils will develop the skills necessary to outwit opponents. Passing, receiving, tackling and beating an opponent will be developed through small sided games and conditional situations.	Pupils will develop the skills necessary to outwit opponents. Pupils will replicate strokes and shots with control and accuracy. Serves, overhead clears (forehand & backhand), drop shots & smashes will be developed through game play and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.	identifying strengths and weakness in physical abilities and link to specific methods of training. Clear focus on progress with knowledge and fitness	Pupils will further develop the fundamental principles of play when selecting and applying tactics for defending and attacking. Passing, shooting, control and heading will be developed through small sided games and conditional situations.	Students apply previously learnt knowledge to compete at a competitive standard, completing the events in full. Students will understand where to start races using the track markings and how to improve performance using correct running technique. Running blocks to be provided for sprint events. Students aim to improve timings/distances from previous years.	Pupils will learn to use basic principles of play when selecting and applying tactics to produce a successful outcome. Pupils will further develop the skills necessary to outwit opponents. Advanced skills in batting, bowling and fielding will be developed through games and conditional situations. Demonstrating high quality performance and accurate replication will be assessed against the national curriculum.
affolding for SEND	Scaffolds	Scaffolds	Scaffolds	Scaffolds	Scaffolds	Scaffolds
to ensure quality	Challenge tasks	Challenge tasks	Challenge tasks	Challenge tasks	Challenge tasks	Challenge tasks
first teaching	Model answers	Model answers	Model answers	Model answers	Model answers	Model answers

	Targeted questioning Quizzes					
	Professional sports					
	performer	performer	performer	performer	performer	performer
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher
	Personal trainer					
	Fitness instructor					
	Athletic coach					
Careers input	Physiotherapist	Physiotherapist	Physiotherapist	Physiotherapist	Physiotherapist	Physiotherapist
	Nutritionist	Nutritionist	Nutritionist	Nutritionist	Nutritionist	Nutritionist
	Sports development					
	officer	officer	officer	officer	officer	officer
	Sports journalist					
	Events manager					
	This units build on:					
		Year 8 badminton unit	Year 9 HRF unit	Year 8 football unit	Year 8 athletics unit	Year 8 cricket unit
		where students	which encouraged	where pupils will	which focused on the	where pupils
	Year 8 rugby unit	developed a series of	pupils to prepare	further develop the	running, throwing,	developed the ability
	where pupils	tactical strategies to	and recover from	ability to outwit	and jumping events	to outwit
	developed the	develop skills, shot	exercise safely and	opponents and	and how to develop	opponents using
	ability to outwit	selection and tactical	effectively and to	teams using	performance to push	strategies and
	opponents and	awareness.	gain an	strategies and	achievement and	tactics. Pupils will
	teams using		understanding of the	tactics. Pupils will	success.	learn
Links (prior	strategies and	This unit prepares	principles used.	learn to combine		to apply consistency
knowledge, future	tactics.	students for:	To develop an	and perform further	This unit prepares	& accurate timing in
knowledge)		Suggest any badminton	experience of a	developed football	students for:	the use of
	This unit prepares	clubs within the school	range of activities	skills consistently	developing their	techniques for
	students for:	timetable and promote	that involves	applying fluency	performance further	batting, bowling and
	Pupils will learn to	extracurricular	sustained physical	and a greater	to a fully competitive	fielding. Pupils
	prepare for and	opportunities. Highlight	work. Pupils should	accuracy and quality	standard, where	should begin to
	recover from	badminton-based	understand that	of technique.	students can assess	develop the ability to
	exercise safely and	fitness and the	different events		own and peer	evaluate
	effectively and to	necessary components	demand different	This unit prepares	performance to	performances.
	know the principles	of fitness needed. i.e.	components of	students for:	improve further.	
	used. Pupils will	coordination. Develop	fitness and be able		Students also	

	recognise the	a deeper	to adapt to the set	Develop a deeper	prepare for LHS	This unit prepares
	benefits to their	understanding of	task.	understanding of	annual sports day	students for:
	health of regular	stretches for all major		stretches for all	and county athletic	
	exercise and the	muscle group and	This unit prepares	major muscle group	competitions.	Pupils will
	benefits of being	those specific to	students for:	and those specific to		understand why
	active in rugby.	badminton. Discuss the		Football. Discuss the		regular exercise has a
	Suggest any rugby	major benefits of being	Understand	negative effects of		positive effective on
	clubs within the	healthy and living an	effects of physical,	dehydration to a		their own health,
	school timetable and	active lifestyle both	mental and social	Football player.		fitness and social
	promote community	during school and post	wellbeing as a	Suggest any Football		well-being. Suggest
	links. To understand	16.	result of good	clubs within the		any cricket clubs
	the type of fitness		Fitness. Recognising	school timetable and		within the school
	rugby players, need		individual strengths	promote community		timetable and
	to perform at a high		and weaknesses. Be	links. Discuss the		promote community
	level.		able to plan and be	benefits of being		links. Highlight
			responsible for	healthy and living an		cricket fitness needs
			personal fitness.	active lifestyle.		and the necessary
						components of
						fitness needed. i.e.
						coordination,
						reaction time, speed
						and agility.
	Attacking,	base position, angles,	Resting,	Starts, restarts, set		stance, body
	defending, space,	forehand, backhand,	Maximum	plays, team strategy,		position, follow-
	switch pass, miss	smash, overhead, dig,	Heart Rate, Fitness	team play,		through, mechanics
	pass, rucking,	set, volley, drop shot,	Testing	tournaments,		of
	clearing out, centre	block, push, chip,	Illinois agility,	competitions,		movement, line and
	ruck, offside line,	staying in the rally,	Dynamometer,	preparation,		length, attacking and
Key vocabulary	jackaling, bind	finishing	Vertical,	recovery, fitness,		defensive strokes,
	engagement, hips	the rally, tactics, game	Abdominal,	exercise, activity,		batting order,
	above shoulders.	plan, success criteria,	Cardiovascular	leading,		bowling
		officiating/umpiring,	Endurance,	officiating, principles		techniques, field
		captaincy,	Effect of Exercise,	of play, attack,		placements,
		adjustments/variations,	Components of	defence, outwitting		coaching,
		anticipation, fitness.	Fitness, Speed,			

			links with each	an opponent,		officiating/umpiring,
			component.	countering a play		anticipation
			Quadricep			
			Abdominals			
			Triceps			
			Biceps			
			Hamstrings			
			(Gastrocnemiu			
			s)			
			Deltoids			
			Gluteus			
			Maximus			
	Formative	Formative assessment:	Formative	Formative	Formative	Formative
	assessment:	Questioning and	assessment:	assessment:	assessment:	assessment:
	Questioning and	feedback during lesson	Questioning and	Questioning and	Questioning and	Questioning and
Review and	feedback during		feedback during	feedback during	feedback during	feedback during
Assessment	lesson	Summative	lesson	lesson	lesson	lesson
(including		assessment:				
opportunities for	Summative	demonstrate through	Summative	Summative	Summative	Summative
retrieval practice)	assessment:	practical application	assessment:	assessment:	assessment:	assessment:
retireval practice)	demonstrate	with teacher feedback	demonstrate	demonstrate	demonstrate	demonstrate through
	through practical		through practical	through practical	through practical	practical application
	application with		application with	application with	application with	with teacher
	teacher feedback		teacher feedback	teacher feedback	teacher feedback	feedback