



<b>Autumn Term 1</b>	<b>Basketball</b>	<b>Netball</b>	<b>Football</b>
<b>Week 1</b>	Recap Passing + Dribbling	<b>Attacking Play, Possession &amp; Rules</b> <ul style="list-style-type: none"> <li>• Front possession</li> <li>• Maintain possession</li> <li>• Use open space</li> </ul>	<b>Passing &amp; Control</b> <ul style="list-style-type: none"> <li>• Lofted Pass</li> <li>• Chest Control</li> <li>• Thigh Control</li> <li>• Crossing the ball</li> </ul>
<b>Week 2</b>	<b>Shooting</b> <ul style="list-style-type: none"> <li>• Lay-Up</li> <li>• Shooting from distance</li> <li>• Knowing when to shoot</li> </ul>	<b>Attacking –Circle edge play &amp; Shooting</b> <ul style="list-style-type: none"> <li>• Feeding from circle edge</li> <li>• Movement</li> <li>• Accurate passes to shooter</li> <li>• Shooting – Body, arms, knees, feet</li> </ul>	<b>Dribbling</b> <ul style="list-style-type: none"> <li>• Different types of turns</li> <li>• Knowing when to dribble</li> <li>• Dribbling at speed</li> </ul>
<b>Week 3</b>	<b>Defending</b> <ul style="list-style-type: none"> <li>• Full Court Press</li> <li>• Half-Court Press</li> <li>• Man-to-man marking</li> </ul>	<b>Attacking – Positions, Roles &amp; Rules</b> <ul style="list-style-type: none"> <li>• 7 Positons</li> <li>• Game situations</li> <li>• Attacking principles</li> </ul>	<b>Shooting</b> <ul style="list-style-type: none"> <li>• Technique</li> <li>• Shooting with Laces</li> <li>• Volleys</li> <li>• Half-Volleys</li> </ul>
<b>Week 4</b>	<b>Attacking/Defending/Conditioned Practices</b> <ul style="list-style-type: none"> <li>• 2 V 1 Situations</li> <li>• 2 Vs 2 Situations</li> <li>• Creating Space</li> <li>• 3-man weave</li> </ul>	<b>Defending &amp; Rules</b> <ul style="list-style-type: none"> <li>• Ball Side</li> <li>• Stance</li> <li>• Distance</li> <li>• Rules</li> <li>• Ball</li> <li>• Player</li> <li>• Delay the attacker</li> </ul>	<b>Defending</b> <ul style="list-style-type: none"> <li>• Tackling</li> <li>• Stay on your feet</li> <li>• Show a player away from goal</li> <li>• When to slide tackle</li> <li>• Pressing the ball</li> <li>• Moving defensively as a unit</li> </ul>
<b>Week 5</b>	<b>Match Play/Positions</b> <ul style="list-style-type: none"> <li>• Counter-attacking</li> <li>• Positions on a court</li> </ul>	<b>Defending Play &amp; forcing errors</b> <ul style="list-style-type: none"> <li>• Individual</li> <li>• Unit work</li> </ul>	
<b>Week 6</b>	Basketball Competition	<b>Netball Competition</b>	<b>Attacking</b> <ul style="list-style-type: none"> <li>• 2 Vs 1 Situations</li> <li>• 3 Vs 4 Situations</li> </ul>

			<ul style="list-style-type: none"> <li>• Creating Angles</li> <li>• Pass or Shoot</li> <li>• Timing your runs</li> <li>• Creating space</li> <li>• Moving offensively as a unit</li> </ul>
Autumn Term 2	Same as Autumn term 1. Classes rotate through sports		
Spring Term 3	<p>Orienteering</p> <p><b>Week 1</b></p> <p><b>Problem Solving Games</b></p> <ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Communication</li> <li>• Map Reading Skills</li> <li>• Rules and expectations</li> </ul>	Whole of year 7 are on Orienteering.	
	<p><b>Week 2</b></p> <p><b>Offsite – Hyde Park</b></p> <p>Picture Orienteering Task Group Work Navigational Skills ½ the park</p>		
	<p><b>Week 3</b></p> <p>Picture Orienteering Task Group Work Navigational Skills Other ½ of the park</p>		
	<p><b>Week 4</b></p> <p>Whole of Hyde Park Conundrum task</p>		
	<p><b>Week 5</b></p> <p>Whole of Hyde Park Timed Orienteering race.</p>		
Spring Term 4	<p><b>Dance</b></p> <p><b>Week 1-5</b></p> <p>Year 8 will all learn a specific routine.</p>	Whole of year 8 are on Dance.	

	<p>The sessions will consist of:</p> <ul style="list-style-type: none"> <li>• Warm-Up</li> <li>• Ice-Breaker Game</li> <li>• Boot-Camp</li> <li>• Technique</li> <li>• Routine</li> <li>• Performance</li> <li>• Free-Style Circle</li> </ul>	<p>Routine is more advanced in terms of speed, technique and difficulty.</p> <p>Emphasis on choreographing on pieces, using the techniques learnt.</p>	
<p>Summer Term 5</p> <p><b>Week 1</b></p> <p><b>Week 2</b></p> <p><b>Week 3</b></p> <p><b>Week 4</b></p> <p><b>Week 5</b></p>	<p style="text-align: center;"><b><i>Athletics</i></b></p> <p><b>Running</b></p> <ul style="list-style-type: none"> <li>• Correct technique</li> <li>• Sprinting</li> <li>• 100m/200m/400m</li> </ul> <p><b>Running</b></p> <ul style="list-style-type: none"> <li>• Relay races</li> <li>• Exchange Zones</li> <li>• Baton</li> <li>• Teamwork</li> <li>• Communication</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Using different equipment</li> <li>• Shot Putt</li> <li>• Basic Technique</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Javelin/Discus</li> <li>• Technique</li> <li>• Safety</li> <li>• Plastic Javelins/Discus</li> </ul> <p><b>Jumps</b></p> <ul style="list-style-type: none"> <li>• High Jump</li> <li>• Technique</li> <li>• Approach</li> <li>• Take-off</li> <li>• Landing</li> <li>• Scissor Kick</li> <li>• Foam Bar</li> </ul>	<p>The whole of Year 8 are on Athletics.</p>	

<p><b>Week 6</b></p>	<p><b>Jumps</b></p> <ul style="list-style-type: none"> <li>• Long Jump</li> <li>• Technique</li> <li>• Approach</li> <li>• Take-off Landing</li> </ul>		
<p>Summer Term 6</p> <p><b>Week 1</b></p> <p><b>Week 2</b></p> <p><b>Week 3</b></p> <p><b>Week 4</b></p> <p><b>Week 5</b></p>	<p><b>Striking and Fielding</b></p> <p><b>Throwing and Catching</b></p> <ul style="list-style-type: none"> <li>• Over a short distance</li> <li>• Long Distance</li> <li>• High ball</li> <li>• Underarm</li> <li>• Over-arm</li> <li>• Catching Technique</li> </ul> <p><b>Fielding Techniques</b></p> <ul style="list-style-type: none"> <li>• Long Barrier</li> <li>• Short Barrier</li> <li>• Pick up and throw</li> </ul> <hr/> <p><b>Batting</b></p> <ul style="list-style-type: none"> <li>• Forward Drive</li> <li>• Forward Defensive</li> <li>• Pull Shot</li> </ul> <p><b>Bowling</b></p> <ul style="list-style-type: none"> <li>• Over-Arm</li> <li>• Grip</li> <li>• Angle of release</li> <li>• Technique</li> <li>• Applying Spin</li> </ul> <p><b>Cricket/Rounders Circuit</b></p> <ul style="list-style-type: none"> <li>• Throw and catch</li> <li>• Bowling</li> <li>• Batting</li> <li>• Fielding</li> <li>• Recapping all the techniques</li> </ul>	<p>Whole of year 8 are learning Striking and Fielding techniques through Cricket or Rounders.</p>	

<b>Week 6</b>	<b>Cricket or Rounder's Competition</b>		
Home learning	<p>Students are set specific tasks for each unit of work.</p> <p>Term 1 - Learn rules, positions, technical and tactical demands for the invasion games.</p> <p>Term 2 –</p> <p>Orienteering, students will complete their PE Diploma</p> <p>Dance, Students are required to practice the techniques and routine they learn each week and create their own routine pieces.</p> <p>Term 3 –</p> <p>Athletics, students will devise event specific warm-up games for each week.</p> <p>Striking and Fielding, student's will learn the rules and positions and responsibilities of the performers.</p>		