



CURRICULUM MAP

| Term Autumn 12 weeks | Foundation Year 7 | Term Spring 10 weeks | Foundation Year 7 | Term Summer 14 weeks | Foundation Year 7 |
|---|--|---|--|--|---|
| <p>Autumn 1</p> <p>Baseline testing, Cross Country Literacy foci Reading skills Terminology and vocabulary Writing skills Homework Identifying and understanding rules of current sport, Assessment revision (Video) Revisiting, revising, remembering opportunities Assessment, quiz, short answer Q's, EC clubs SIMS Data drop:</p> | <p>Assessment objectives: -Identifying and describing the three stages of a warm up -Being able to successfully deliver an effective warm up</p> <p>Enrichment/life and work skills: -Resilience and character building through baseline testing -Attendance to EC Programme</p> <p>Assessments (Head, Heart, Hands): -Head: -Students placed into appropriate groups based on base-line assessment -Heart: Effort and Confidence -Hands: Practical ability and Fitness Levels</p> | <p>Spring 1: Handball, OAA, Volleyball, Gymnastics Literacy foci Reading skills Terminology and vocabulary Writing skills Homework Identifying and understanding rules of current sport, Assessment revision (Video) Revisiting, revising, remembering opportunities Assessment, quiz, short answer Q's, EC clubs</p> | <p>Assessment objectives: -Understanding the importance and benefits of a warm up prior to carrying out physical activity -Understanding the importance and benefits of a cool down</p> <p>Enrichment/life and work skills: -Teamwork, Problem Solving, Leadership, Communication, Understanding and using basic tactics and strategies</p> <p>Assessments (Head, Heart, Hands): -Head: Knowledge and Understanding of key rules -Heart: Communication and Leadership -Hands: Physical ability and Technique</p> | <p>Summer 1: Athletics Track and Field, Cricket, Rounders, Tennis Literacy foci Reading skills Terminology and vocabulary Writing skills Homework Identifying and understanding rules of current sport, Assessment revision (Video) Revisiting, revising, remembering opportunities Assessment, quiz, short answer Q's, EC clubs</p> | <p>Assessment objectives: -Identifying key muscle groups and linking sporting actions, movements and examples</p> <p>Enrichment/life and work skills: -Officiating, monitoring, providing feedback</p> <p>Assessments (Head, Heart, Hands): -Head: Knowledge and Understanding of key rules -Heart: Resilience and Effort -Hands: Physical ability and Technique</p> |
| <p>Autumn 2</p> <p>Rugby, Football/Futsal, Netball Literacy foci Reading skills Terminology and vocabulary Writing skills Homework Identifying and understanding rules of current sport, Assessment revision (Video) Revisiting, revising, remembering opportunities Assessment, quiz, short answer Q's, EC clubs</p> | <p>Assessment objectives: -Identifying the key skeletal muscles -Providing sporting examples linked to the skeletal muscles and specific sporting actions -Linking static and dynamic stretches to specific muscles</p> <p>Enrichment/life and work skills: -Introduction of Sports teams captains (Leadership)</p> <p>Assessments (Head, Heart, Hands): -Head: Knowledge and understanding of an effective warm up and key muscles -Heart: Effort and Confidence -Hands: Practical ability and Fitness Levels</p> | <p>Spring 2: Basketball, Gymnastics, Dance, Handball Literacy foci Reading skills Terminology and vocabulary Writing skills Homework Identifying and understanding rules of current sport, Assessment revision (Video) Revisiting, revising, remembering opportunities Assessment, quiz, short answer Q's, EC clubs</p> | <p>Assessment objectives: -Understanding, identifying and describing some of the physical benefits of exercise</p> <p>Enrichment/life and work skills: -Teamwork, Problem Solving, Leadership, Communication, Understanding and using basic tactics and strategies</p> <p>Assessments (Head, Heart, Hands): -Head: The benefits of exercise, warm up and cool downs -Heart: Communication and Leadership -Hands: Physical ability and Technique</p> | <p>Summer 2: Athletics Track and Field, Cricket, Rounders, Tennis, Softball Literacy foci Reading skills Terminology and vocabulary Writing skills Homework Identifying and understanding rules of current sport, Assessment revision (Video) Revisiting, revising, remembering opportunities Assessment, quiz, short answer Q's, EC clubs</p> | <p>Assessment objectives: -Understanding, identifying and describing some of the mental/emotional benefits of exercise</p> <p>Enrichment/life and work skills: -Officiating, monitoring, providing feedback -House assemblies promoting awareness and understanding of health and wellbeing</p> <p>Assessments (Head, Heart, Hands): -Head: Final written assessment -Heart: Resilience and Effort -Hands: Physical ability and Technique</p> |

The progressive, inclusive curriculum 'skills, knowledge and concepts: literacy, life skills and enrichment'



CURRICULUM MAP

| Term Autumn 12 weeks | Foundation Year 8 | Term Spring 10 weeks | Foundation Year 8 | Term Summer 14 weeks | Foundation Year 8 |
|---|---|--|--|--|--|
| <p>Autumn 1:</p> <p>Rugby Football Netball</p> <p>Literacy foci Reading skills Terminology and vocabulary Writing skills Homework Assessment revision (Video) Understanding rules and positions Revisiting, revising, remembering opportunities : Assessment quiz Short answer Q's EC clubs Coaching</p> | <p>Assessment objectives:</p> <ul style="list-style-type: none"> - Recap and describe the three stages of a warmup and the benefits - Identifying all major muscles <p>Enrichment/life and work skills: Coaching, providing peer feedback, Leadership and teamwork skills</p> <p>Assessments: Head: Students should have knowledge and understanding of all major muscles and the three stages of a warmup Heart: Communication and Leadership skills Hands: Physical ability, problem solving, technique and fitness levels through sport</p> | <p>Spring 1:</p> <p>Gaelic Football Handball Gymnastics/Dance Volleyball</p> <p>Literacy foci Reading skills Terminology and vocabulary Writing skills Homework Assessment revision (Video) Understanding rules and positions Revisiting, revising, remembering opportunities Assessment quiz Short answer Q's EC clubs Coaching</p> | <p>Assessment objectives:</p> <ul style="list-style-type: none"> - Identify and describe the short-term effects of exercise – Muscular system, CV system - Identify and describe the short-term effects of exercise – CV system, Respiratory System <p>Enrichment/life and work skills: Teamwork, Problem Solving, Leadership, Communication, developing, creating and implementing tactics and strategies</p> <p>Assessments: Head: Students should be able to understand and analyse the short-term effects of exercise on the muscular, respiratory and CV system Heart: Respect and Resilience Hands: Physical ability, problem solving, technique and fitness levels through sport</p> | <p>Summer 1:</p> <p>Athletics Cricket Roulers Tennis</p> <p>Literacy foci Reading skills Terminology and vocabulary Writing skills Homework Assessment revision (Video) Understanding rules and positions Revisiting, revising, remembering opportunities Assessment quiz Short answer Q's EC clubs Coaching</p> | <p>Assessment objectives:</p> <ul style="list-style-type: none"> - Identify and describe basic long-term adaptations of exercise on the Muscular and skeletal system - Identify and describe basic long-term adaptations of exercise on the CV system, Respiratory System <p>Enrichment/life and work skills: Officiating, monitoring, performance analysis and providing feedback</p> <p>Assessments: Head: Students should have knowledge and understanding whilst being able to analyse and feedback the basic long-term adaptations of exercise on the muscular, respiratory and CV system. Heart: Effort and Confidence Hands: Physical ability, problem solving, technique and fitness levels through sport</p> |
| <p>Autumn 2:</p> <p>Handball Fitness Gymnastics</p> <p>Literacy foci Reading skills Terminology and vocabulary Writing skills Homework Assessment revision (Video) Understanding rules and positions Revisiting, revising, remembering opportunities Assessment quiz Short answer Q's EC clubs Coaching</p> | <p>Assessment objectives:</p> <ul style="list-style-type: none"> - Recap and describe the three stages of a warmup and the benefits - Identifying all major muscles <p>Enrichment/life and work skills: Coaching, Performance analysis, providing peer feedback, Leadership, teamwork skills and tactics</p> <p>Assessments: Head: Students should have knowledge and understanding of all major muscles and the three stages of a warmup Heart: Communication and Leadership skills Hands: Physical ability, problem solving, technique and fitness levels through sport</p> | <p>Spring 2:</p> <p>Badminton Basketball OAA Dance</p> <p>Literacy foci Reading skills Terminology and vocabulary Writing skills Homework Assessment revision (Video) Understanding rules and positions Revisiting, revising, remembering opportunities Assessment quiz Short answer Q's EC clubs Coaching</p> | <p>Assessment objectives:</p> <ul style="list-style-type: none"> - Identify and describe the short-term effects of exercise – Muscular system, CV system - Identify and describe the short-term effects of exercise – CV system, Respiratory System <p>Enrichment/life and work skills: Teamwork, Problem Solving, Leadership, Communication, Coaching, providing peer feedback, developing, creating and implementing tactics and strategies</p> <p>Assessments: Head: Students should be able to understand and analyse the short-term effects of exercise on the muscular, respiratory and CV system Heart: Respect and Resilience Hands: Physical ability, problem solving, technique and fitness levels through sport</p> | <p>Summer 2:</p> <p>Tennis Softball Athletics Cricket</p> <p>Literacy foci Reading skills Terminology and vocabulary Writing skills Homework Assessment revision (Video) Understanding rules and positions Revisiting, revising, remembering opportunities: Assessment quiz Short answer Q's EC clubs Coaching</p> | <p>Assessment objectives:</p> <ul style="list-style-type: none"> - Identify and describe basic long-term adaptations of exercise on the Muscular and skeletal system - Identify and describe basic long-term adaptations of exercise on the CV system, Respiratory System <p>Enrichment/life and work skills: -Officiating, monitoring, performance analysis providing feedback -House assemblies promoting awareness and understanding of health and wellbeing</p> <p>Assessments: Head: Students should have knowledge and understanding whilst being able to analyse and feedback the basic long-term adaptations of exercise on the muscular, respiratory and CV system. Heart: Effort and Confidence Hands: Physical ability, problem solving, technique and fitness levels through sport</p> |

The progressive, inclusive curriculum 'skills, knowledge and concepts: literacy, life skills and enrichment'



CURRICULUM MAP

| Term Autumn 12 weeks | Transition Year 9 | Term Spring 10 weeks | Transition Year 9 | Term Summer 14 weeks | Transition Year 9 |
|--|---|---|---|---|--|
| <p>Autumn 1: Rugby, Football, Netball, Futsal, Cross Country</p> <p>Literacy foci</p> <p>Reading skills</p> <p>Terminology and vocabulary</p> <p>Writing skills</p> <p>Homework : Rules, tactics and strategies of current sport, Assessment revision (Video)</p> <p>Revisiting, revising, remembering opportunities</p> <p>Assessment, quiz, short answer Q's, EC clubs, Coaching, Analysis</p> | <p>Assessment objectives:</p> <p>Identify and locate all major muscles, identify and describe the 3 stages of a warm up and explain the importance</p> <p>Enrichment/life and work skills:</p> <p>-Coaching, providing peer feedback, Leadership, character, resilience</p> <p>Assessments:</p> <p>-Head: Rules, Knowledge and Understanding</p> <p>-Heart: Communication, Leadership and Effort</p> <p>-Hands: Physical ability and Fitness levels</p> | <p>Spring 1: Fitness, Basketball, Handball, Badminton</p> <p>Literacy foci</p> <p>Reading skills</p> <p>Terminology and vocabulary</p> <p>Writing skills</p> <p>Homework : Rules, tactics and strategies of current sport, Assessment revision (Video)</p> <p>Revisiting, revising, remembering opportunities</p> <p>Assessment, quiz, short answer Q's, EC clubs, Coaching, Analysis</p> | <p>Assessment objectives:</p> <p>Identify, describe and explain the long-term adaptations of exercise on the Muscular and skeletal system</p> <p>Enrichment/life and work skills:</p> <p>-Teamwork, Problem Solving, Leadership, Communication, developing and implementing more advanced tactics and strategies</p> <p>Assessments:</p> <p>-Head: Analysis and Feedback</p> <p>-Heart: Respect, Resilience and Effort</p> <p>-Hands: Problem Solving and Technique</p> | <p>Summer 1: Athletics, Cricket, Rounders, Tennis</p> <p>Literacy foci</p> <p>Reading skills</p> <p>Terminology and vocabulary</p> <p>Writing skills</p> <p>Homework : Rules, tactics and strategies of current sport, Assessment revision (Video)</p> <p>Revisiting, revising, remembering opportunities</p> <p>Assessment, quiz, short answer Q's, EC clubs, Coaching, Analysis</p> | <p>Assessment objectives:</p> <p>Identify, describe and explain the physical and mental benefits of exercise and physical activity</p> <p>Enrichment/life and work skills:</p> <p>-Officiating, monitoring and recording, Coaching and analysis of performance, providing feedback</p> <p>Assessments:</p> <p>-Head: Analysis and Feedback</p> <p>-Heart: Leadership, Confidence and Effort</p> <p>-Hands: Competition, Tactics and Physical ability</p> |
| <p>Autumn 2: Handball, Table tennis, Volleyball, Fitness</p> <p>Literacy foci</p> <p>Reading skills</p> <p>Terminology and vocabulary</p> <p>Writing skills</p> <p>Homework : Rules, tactics and strategies of current sport, Assessment revision (Video)</p> <p>Revisiting, revising, remembering opportunities</p> <p>Assessment, quiz, short answer Q's, EC clubs, Coaching, Analysis</p> | <p>Assessment objectives:</p> <p>Identify and locate all major muscles, identify and describe the 3 stages of a warm up and explain the importance</p> <p>Enrichment/life and work skills:</p> <p>-Coaching, providing peer feedback, Leadership, character, resilience</p> <p>Assessments:</p> <p>-Head: Rules, Knowledge and Understanding</p> <p>-Heart: Communication, Leadership and Effort</p> <p>-Hands: Physical ability and Fitness levels</p> | <p>Spring 2: Gaelic Football, Badminton, Dance, Basketball,</p> <p>Literacy foci</p> <p>Reading skills</p> <p>Terminology and vocabulary</p> <p>Writing skills</p> <p>Homework : Rules, tactics and strategies of current sport, Assessment revision (Video)</p> <p>Revisiting, revising, remembering opportunities</p> <p>Assessment, quiz, short answer Q's, EC clubs, Coaching, Analysis</p> | <p>Assessment objectives:</p> <p>Identify, describe and explain the long-term adaptations of exercise on the CV system, Respiratory System</p> <p>Enrichment/life and work skills:</p> <p>-Coaching, providing peer feedback, Leadership, character, resilience, developing and implementing more advanced tactics and strategies</p> <p>Assessments:</p> <p>-Head: Analysis and Feedback, Knowledge and Understanding</p> <p>-Heart: Respect, Resilience and Effort</p> <p>-Hands: Problem Solving and Technique</p> | <p>Summer 2: Tennis, Cricket, Softball, Athletics</p> <p>Literacy foci</p> <p>Reading skills</p> <p>Terminology and vocabulary</p> <p>Writing skills</p> <p>Homework: End of year exam revision Assessment revision (Video)</p> <p>Revisiting, revising, remembering opportunities Assessment, quiz, short answer Q's, EC clubs, Coaching, Analysis</p> | <p>Assessment objectives:</p> <p>Identify, describe and explain the physical, mental and social benefits of exercise and physical activity</p> <p>Enrichment/life and work skills:</p> <p>-Officiating, monitoring and recording, Coaching and analysis of performance, providing feedback</p> <p>-House assemblies promoting awareness and understanding of health and wellbeing</p> <p>Assessments:</p> <p>-Head: Analysis and Feedback, Knowledge and Understanding</p> <p>-Heart: Leadership, Confidence and Effort</p> <p>-Hands: Competition, Tactics and Physical ability</p> |

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