

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Sports: Rugby, Football, Netball, Basketball, Dance/Gymnastics, Handball	Sports: Rugby, Football, Netball, Basketball, Dance/Gymnastics, Handball	Sports: Fitness, Volleyball, Badminton, Netball, Basketball	Sports: Fitness, Volleyball, Badminton, Netball, Basketball	Sports: Cricket, Rounders, Softball, Athletics, Tennis	Sports: Cricket, Rounders, Softball, Athletics, Tennis
Assessment		Key Concepts/ Skills		Reading	
<p>Assessment uses the Head, Hands and Heart model:</p> <p>Head – Knowledge and understanding of rules, tactics and strategies.</p> <p>Hands – Physical performance, skill execution and technique.</p> <p>Heart – Effort, teamwork, resilience, leadership and sportsmanship.</p>		<p>Students develop:</p> <ul style="list-style-type: none"> • Fundamental movement skills • Sport specific techniques • Tactical awareness and decision making • Communication and teamwork • Leadership and evaluation skills 		<p>Students read and refer to the ‘Working Towards’, ‘Working At’, and ‘Greater Depth’ descriptors for each activity.</p> <p>This helps them understand the key concepts and performance expectations required to achieve each level.</p>	
Enrichment		Careers		Useful resources and revision	
<p>After school clubs are offered across all sports throughout the year, allowing students to develop skills further and represent the school in fixtures and competitions</p>		<p>Links to careers in sport including:</p> <ul style="list-style-type: none"> • Sports coaching • PE teaching • Physiotherapy • Sports science • Strength & conditioning • Sports journalism • Sports management 		<p>Students can use demonstration videos, teacher feedback, and practice drills provided during lessons and through the school learning.</p>	