

Theme/ Concept	KS2	Year 7	Year 8	Year 9	Year 10	Year 11	Post-16
Broad range of sports and activities		<ul style="list-style-type: none"> <li>• Rugby</li> <li>• Netball</li> <li>• Athletics</li> <li>• Dodgeball</li> </ul>	<ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• Dance</li> <li>• Cricket</li> <li>• Basketball</li> </ul>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Trampolining</li> <li>• Rounders</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Table Tennis</li> <li>• Orienteering</li> </ul>	<b>Sport Studies - Core PE</b> <ul style="list-style-type: none"> <li>• Football</li> <li>• Basketball</li> <li>• Table Tennis</li> <li>• Orienteering</li> <li>• Fitness</li> <li>• Dodgeball</li> <li>• Walking</li> <li>• Badminton</li> <li>• Dancing</li> <li>• Rounders</li> </ul>	
Tactics and strategies in team and individual games	Running, jumping, throwing and catching; competitive games; flexibility, strength, technique, control and balance	<b>Key Skills</b> Acquiring knowledge through drills / practices on key fundamental skills of the sport inc. throwing, catching, moving and understanding games	<b>Implementation</b> Applying skills learnt from Y7 and applying them within mini game style scenarios e.g. 3v2	<b>Mastery</b> Analysing tactics and skills of teams and individuals learnt from Y7 and 8 in more full sided games and scenarios.  Demonstrated through practice  Development of tactics and strategies in game scenarios	<b>Tactics and Strategies</b> Basic tactics and strategies are applied in either full sided or mini sided games. For individual activities analysing performance and how to improve for future participation.	<b>Tactics and Strategies</b> More detailed tactics and strategies are applied relating to specific scenarios in either full sided or mini sided games. For individual activities analysing performance and how to improve for future participation.  Scenarios are more game related with more competitive element	Skill acquisition

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Professional clubs, pathways and progression		<b>Awareness</b>  Links to: RFU, RFL, FA, Table Tennis clubs, Cricket clubs and Sheffield City ABC	<b>Coaching</b>  Use of professional coaches within lessons with a focus on the skills and not a game situation, to help develop core skills and their application. To establish / grow school links to local clubs	<b>Coaching</b>  Use of professional coaches within lessons with a focus of application of skills in competitive situations and develop links to local clubs.	Y10/11 Sports Studies trip to Man City relating to Media unit and Sheffield Eagles for contemporary issues relating to Wheelchair Rugby  <b>Awareness</b> Links to: pupils encouraged and directed to participate in sports / activities outside of school with interest shown or talent to local clubs.  RFU, RFL, FA, Table Tennis clubs, Cricket clubs and Sheffield City ABC	<b>Awareness</b>  Links to: pupils encouraged and directed to participate in sport / activities outside of school with interest shown or talent to local clubs.  RFU, RFL, FA, Table Tennis clubs, Cricket clubs and Sheffield City ABC	<i>Sport and society</i>
Healthy lifestyles, Physical effects, Mental wellbeing, Social wellbeing		<b>Exercise</b>  Relationship between exercise and health	<b>Fitness</b>  Different types of fitness required for different sports	<b>Adaptation</b>  How the body adapts over time to the training imposed upon it	<b>Core PE</b>  4 week block activities that pupils chose, aim is to improve mental health and physical health	<b>Core PE</b>  4 week block activities that pupils chose, aim is to improve mental health  Walking is also used as an opportunity to mentor pupils on decision making etc.	<i>Applied anatomy and physiology</i>  <i>Exercise physiology</i>

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<b>Performance evaluation</b>	<i>Compare their performances with previous ones and demonstrate improvement</i>	<b>Self</b> Evaluate performance in own activities	<b>Others</b> Evaluate performance of others in activities	<b>Peer</b> Evaluate performance of other in their groups based on tactics and execution of skills	<b>Self</b> <b>Core PE</b> Evaluate own performance based on activity chosen and level of participation in Y10 and Y11 e.g. sets and reps in fitness, Fitness programmes available when in the gym to monitor progress, laps in walking etc.  <b>Sport Studies</b> Critical Evaluation of own performance in 2 sports and in leadership as part of the Sports Studies course. pupils are also involved in reflective practice when completing their assignments e.g. performance in leadership		<i>Performance evaluation</i>

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<b>Sports leadership</b>		<p><b>Warm-ups</b></p> <p>pupils are shown how to complete a warm up and then they will be asked to lead small warm ups to a small group over the course of the year in their different sports</p> <p><b>Team captains</b></p> <p>pupils are made aware of the role of a captain and asked to run individual drills to a small group</p> <p>Opportunity to complete the Dame Kelly Holmes project</p>	<p><b>Warm-ups</b></p> <p>pupils are now leading more warm ups to more pupils at the start of the lesson. Warm ups are now more specific to the activity for the lesson.</p> <p><b>Team captains</b></p> <p>pupils are captains and expected to help set up their small sided games with equipment and lead their group</p> <p>Opportunity to complete the Dame Kelly Holmes Project</p>	<p><b>Sports Leaders introduction.</b></p> <p>Opportunity to join the Sports Leader Programme in leading a range of primary events.</p> <p>Pupils are asked to lead teams in lesson based on tactics and then evaluate their performance</p> <p>Opportunity to complete the Dame Kelly Holmes Project</p>	<p>Opportunities for leadership e.g. Dame Kelly Holmes Scheme. Sports Leadership in The Sports Studies course</p> <p>Continued involvement with the school sports leadership programme in the delivery of primary events.</p>	<p>Opportunities for leadership e.g. Dame Kelly Holmes Scheme.</p>	<i>Sport psychology</i>
<b>Outdoor pursuit</b>	<i>Outdoor and adventurous activity challenges</i>	<p>Orienteering in Curriculum time &amp; Y7 Kingswood residential</p> <p>Outdoor pursuit activities available in extracurricular activities</p>	Orienteering in Curriculum time	Orienteering in Curriculum time	<p>Orienteering in Curriculum time as an option</p> <p>Opportunity to be a part of the DoE award</p>	<p>Orienteering in Curriculum time as an option</p> <p>Opportunity to be part of the DoE award</p>	