

Theme/ Concept	KS2	Year 7	Year 8	Year 9	Year 10	Year 11	Post-16
Skill Development	running, jumping, throwing and catching; competitive games; flexibility, strength, technique, control and balance	Developing key fundamental skills (throwing, catching, movement, understanding games) through drills and practices.	Consolidating key fundamental skills (throwing, catching, movement, understanding games) through drills and practices.	Applying skills learned in Year 7 within mini-game scenarios (e.g., 3v2 situations).	Analysing tactics and skills from Years 7 and 8 within full-sided game scenarios.		<i>Skill acquisition</i>
Understanding tactics and strategies in team & individual games	running, jumping, throwing and catching; competitive games; flexibility, strength, technique, control and balance	<p>Tactics & Strategies: Introduction and application of basic tactics and strategies within games.</p> <p>Individual Activities: Developing personal performance skills and understanding of game play.</p> <p>Game Scenarios: Tactics demonstrated through practice and conditioned games.</p>	<p>Tactics & Strategies: Rehearsing and application of basic tactics and strategies within games.</p> <p>Individual Activities: Rehearsing personal performance skills and understanding of game play.</p> <p>Game Scenarios: Tactics demonstrated through practice and conditioned games.</p>	<p>Tactics & Strategies: Using tactics and strategies in full-sided and small-sided games, with a focus on decision-making under pressure.</p> <p>Individual Activities: Analysing performance to identify strengths and areas for improvement.</p> <p>Game Scenarios: Development of tactics and strategies in game-related scenarios.</p>	<p>Tactics & Strategies: Applying detailed tactics and strategies in specific game scenarios, demonstrating advanced understanding and application.</p> <p>Individual Activities: Using performance analysis to inform improvements and prepare for future participation.</p> <p>Game Scenarios: Application in competitive scenarios, showing deeper understanding of tactics and strategies.</p>		

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Developing Healthy lifestyles, Physical effects, Mental wellbeing, Social wellbeing		Healthy Lifestyles: Introduction to the importance of regular physical activity and balanced nutrition; understanding the benefits of warm-up and cool-down.	Healthy Lifestyles: Exploring different types of exercise (cardiovascular, strength, flexibility) for maintaining health; understanding the dangers of inactivity.	Healthy Lifestyles: Applying knowledge to create personal activity plans; understanding the link between exercise, diet, and lifestyle diseases.	Healthy Lifestyles: Understanding how to maintain physical activity beyond school; considering community and leisure opportunities for activity.		Physical Effects: <i>Applied anatomy and physiology</i> <i>Exercise physiology</i> Mental Wellbeing: <i>Sport psychology</i> Social Wellbeing: <i>Sport and society</i>
		Physical Effects: Learning how exercise affects the body (heart rate, breathing, muscles); recognising the difference between aerobic and anaerobic activities.	Physical Effects: Basic fitness testing to understand personal fitness levels; exploring long-term benefits of physical activity	Physical Effects: Deeper understanding of the body’s response to exercise, including recovery and training principles.	Physical Effects: Exploring the role of fitness in performance; linking training methods to health and sporting goals.		
		Mental Wellbeing: Developing confidence through participation; using physical activity to manage stress and improve mood.	Mental Wellbeing: Building resilience and positive self-esteem through goal setting and skill improvement.	Mental Wellbeing: Using physical activity as a tool for stress management and maintaining focus during school pressures.	Mental Wellbeing: Using physical activity for personal wellbeing, including coping with anxiety and maintaining motivation during exams.		
		Social Wellbeing: Encouraging teamwork, cooperation, and positive communication during games and activities.	Social Wellbeing: Developing leadership and teamwork through small group tasks and officiating opportunities.	Social Wellbeing: Emphasising inclusion and respect within activities; fostering positive peer relationships and cooperation.	Social Wellbeing: Promoting leadership through coaching and officiating opportunities; encouraging pupils to support others and create inclusive environments.		

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Enabling Performance Evaluation Measure Compare Feedback Improve	<i>Compare their performances with previous ones and demonstrate improvement</i>	Setting Clear Performance Standards <ul style="list-style-type: none">Establishing clear, ideally measurable, criteriaDefine what a good performance looks like	Measurement & Observation <ul style="list-style-type: none">Collecting data & information (ideally objective data)Work on evidence based evaluations	Feedback <ul style="list-style-type: none">How to provide constructive, specific feedback on strengths and areas for improvementEnsuring feedback is timely and linked to standards	Action & Development Planning <ul style="list-style-type: none">Identifying next steps for improvement planning and goal settingPlanning targeted practices or strategies to enhance performance		<i>Performance evaluation</i>
Developing Sports Leadership The ability to guide, motivate, and support others towards achieving a common goal.		Leading Activities <ul style="list-style-type: none">Planning, and delivering safe, engaging and inclusive sessionsDeveloping communication skills	Officiating <ul style="list-style-type: none">Understanding & applying rules fairlyManaging Games & ensuring safety during activities	Event organisation <ul style="list-style-type: none">Planning, promoting, & running sports events or festivalsInclude risk assessments, roles & time management	Self-Reflection & Evaluation <ul style="list-style-type: none">Assessing own leadershipGathering feedback to develop leadership skills		
Outdoor pursuits Challenge, teamwork, problem-solving, resilience, navigation, communication, leadership, trust, safety, enjoyment	<i>Outdoor and adventurous activity challenges</i>	Pacing & Endurance <ul style="list-style-type: none">Developing the ability to run at a sustainable pace over varying terrainLearning to judge effort & maintain rhythm	Terrain Awareness & Navigation <ul style="list-style-type: none">Understanding how to adjust running style on hill, mud, grass, and uneven ground	Technique & Running Form <ul style="list-style-type: none">Emphasis on posture, stride length, breathing , and foot placementTechniques for uphill & downhill running to standards	Resilience & Mental Toughness <ul style="list-style-type: none">Building determination to keep going despite discomfort or challenging conditionsGoal setting & the importance of positive mindset		
We aim for pupils to develop physical endurance, resilience, and terrain awareness, enabling them to apply a range of strategies and techniques confidently across varied outdoor environments. Fostering a positive attitude towards lifelong participation in physical activity. In support of this, we orgainse wider ranging opportunities, such as Ski trips and sporting residential to ‘Conover’ and Barcelona, where pupils have the opportunity to develop these skills and make these experiences.							