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| **Subject: Physical Education** |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 7** | **Unit Name:**Invasion Games/ Rugby **Unit Description:**Involves an offensive team working to maintain possession of an object while attacking (or invading) a defensive team's goal or target area. | **Unit Name:** Basketball/Volleyball**Unit Description:**Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.  | **Unit Name:**Badminton/Volleyball**Unit Description:**Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games | **Unit Name:**Fitness/Trampolining**Unit Description:**Fitness - Exercising safely and effectively to improve health and wellbeing as in fitness and health activities.Trampolining - ability to repeat actions, phrases and sequences of movement as perfectly as possible | **Unit Name:**Cricket/Softball**Unit Description:**Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games | **Unit Name:**Athletics**Unit Description:**Performing at maximum levels - This includes activities in which success is measured by personal best scores or times and in competition by direct comparison with others’ scores or times. |
| **Year 8** | **Unit Name:**Invasion Games/Rugby **Unit Description:**Involves an offensive team working to maintain possession of an object while attacking (or invading) a defensive team's goal or target area. | **Unit Name:**Basketball/Volleyball**Unit Description:**Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.  | **Unit Name:**Badminton/Volleyball**Unit Description:**Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games | **Unit Name:**Fitness/Trampolining**Unit Description:**Fitness - Exercising safely and effectively to improve health and wellbeing as in fitness and health activities.Trampolining - ability to repeat actions, phrases and sequences of movement as perfectly as possible | **Unit Name:**Cricket/Softball**Unit Description:**Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games | **Unit Name:**Athletics**Unit Description:**Performing at maximum levels - This includes activities in which success is measured by personal best scores or times and in competition by direct comparison with others’ scores or times. |
| **Year 9** | **Unit Name:**Invasion Games/Rugby**Unit Description:**Involves an offensive team working to maintain possession of an object while attacking (or invading) a defensive team's goal or target area. | **Unit Name:**Basketball/Volleyball**Unit Description:**Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.  | **Unit Name:**Badminton/Volleyball**Unit Description:**Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games | **Unit Name:**Fitness/Trampolining**Unit Description:**Fitness - Exercising safely and effectively to improve health and wellbeing as in fitness and health activities.Trampolining - ability to repeat actions, phrases and sequences of movement as perfectly as possible | **Unit Name:**Cricket/Softball**Unit Description:**Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games | **Unit Name:**Athletics**Unit Description:**Performing at maximum levels - This includes activities in which success is measured by personal best scores or times and in competition by direct comparison with others’ scores or times. |