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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. |