

## Long Term Curriculum Plan 2024/25

Throughout our curriculum planning we remain focused on delivering a 21<sup>st</sup> century curriculum designed to ensure pupils are well prepared for the future.

	Subject <b>P.E.</b>	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Topic Heading	<b>Gymnastics and Sensory</b>	<b>Gymnastics and Ball Skills</b>	<b>Ball Skills and Ball Skills</b>	<b>Team Building and Dance</b>	<b>Attack v Defence and Parachute Games</b>	<b>Athletics and Attack v Defence</b>
Implementation	EYFS Content <b>Frogs</b> (skills and knowledge)  EYFS Year _____ PA Stage K7-S1	<b>Gymnastics - High, Low, over, under</b> The unit of work will explore 'champion gymnastics'. Pupils will create movements and balances in high and low ways on the floor and on apparatus. Pupils will self-select where to work, exploring movements and balances and start to identify features of other pupil's work. <b>Sensory</b> The unit of work will explore a variety of sensory activities that aim to channel pupil's energy in a variety of ways, including, stimulation, working in pairs and calming.	<b>Gymnastics (Moving)</b> The unit of work will explore 'champion gymnastics'. Pupils will create movements and balances in big and small ways on the floor and on apparatus. Pupils will work in pairs to explore creating movements and balances with a partner <b>Ball Skills (Hands)</b> The unit of work will explore different ways of using our hands to move with a ball, keeping control. Pupils will explore rolling, pushing and bouncing a ball with a partner.	<b>Ball Skills (Feet)</b> The unit of work will enable pupils to explore moving with a ball using their feet. Pupils will develop their technique of dribbling the ball and understand where and why we dribble, keeping control.  <b>Parachute Games</b> The unit of work will enable pupils to learn and play a variety of games using parachutes focusing on listening and copying skills.	<b>Team Building</b> The unit of work will introduce teamwork. Pupils will explore and learn why it is important to include everyone when working as a team and what makes an effective team. Pupils will begin to explore simple strategies to solve problems. <b>Dance (Dinosaurs)</b> The unit or work will enable pupils to explore different movements using different parts of the body, adding emotion and expression as they become dinosaurs. Pupils will develop movement ideas in pairs while exploring the different	<b>Attack v defence</b> The unit of work will explore why we need to follow the rules and keep the score during a game. Pupils will learn how to apply very simple tactics for attacking and defending in games.  <b>Ball Skills (Hands)</b> The unit of work will explore the different ways of throwing, rolling and stopping a ball. Pupils will start to learn why we need to aim when we are throwing and understand how to be ready to catch too.	<b>Athletics (Jumping)</b> The unit of work will explore jumping, in different directions, at different speeds, different levels, heights and distances. Pupils will learn how and why we jump, using our head, arms and feet, applying the basic jumping technique. <b>Attack v defence</b> The unit of work will explore why we need to follow the rules and keep the score during a game. Pupils will learn how to apply very simple tactics for attacking and defending in games.

				relationships between dinosaurs.		
Enrichment Opportunities						
Topic Heading	<b>Gymnastics and Sensory</b>	<b>Gymnastics and Dance</b>	<b>Team Building and Ball Skills (Hand)</b>	<b>Ball Skills and Attack v Defence</b>	<b>Ball Skills and Locomotion</b>	<b>Athletics and Health and Wellbeing</b>
Year 2 <b>Honey-Bees</b> Content (skills and knowledge) NC Year _____ PA Stage K9-S2	<p><b>Gymnastics (Body parts)</b> The unit of work will develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances on big and small body parts in wide, narrow and curled ways on the floor and on apparatus. Pupils will transition between the theme words as they link movements together developing simple sequences.</p> <p><b>Sensory</b> The unit of work will explore a variety of sensory activities that aim to channel pupil's energy in a variety of ways, including, stimulation, working in pairs and calming.</p>	<p><b>Gymnastics (Wide, Narrow, Curled)</b> The unit of work will develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances in wide, narrow and curled ways on the floor and on apparatus. Pupils will transition between the theme words as they move and develop simple sequences, linking movements together.</p> <p><b>Dance (Heroes)</b> The unit of work will challenge pupils to respond to the stimulus (heroes) using a range of different, controlled movements showing character expression. Pupils will learn how to co-ordinate and control</p>	<p><b>Team Building</b> The unit of work will develop pupils' ability to apply effective teamwork, ensuring that everyone is included and understands their role. Pupils will begin to develop and apply simple strategies to solve problems.</p> <p><b>Ball Skills (Hand)</b> The unit of work will develop pupils' sending and receiving skills, applying and developing understanding of where we send a ball and why. Pupils will combine their sending and receiving skills to keep possession. Pupils will explore stopping the ball.</p>	<p><b>Ball Skills (Hand)</b> The unit of work will consolidate pupil's ability to accurately roll a ball towards a target. Pupils will combine their sending and stopping skills, applying their prior knowledge of where we send a ball and why to score points to beat an opponent.</p> <p><b>Attack v Defence</b> The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.</p>	<p><b>Ball Skills (Feet)</b> The unit of work will develop pupils' ability to apply effective dribbling skills. Pupils will develop their understanding of why we need to be accurate when kicking (passing) a ball. Pupils will be able to collaborate and work together in a team.</p> <p><b>Locomotion (Dodging)</b> The unit of work will challenge pupils to apply their knowledge of how, where and why to dodge. Pupils will learn the roles of attacking and defending and start to understand when we attack and when we defend while using their dodging skills.</p>	<p><b>Locomotion (Running)</b> The unit of work will develop pupils' ability to run using different parts of their bodies. Pupils will begin to understand the basic principles of attack and defence as they develop their understanding of where we need to run and why</p> <p><b>Health and Wellbeing</b> The unit of work will introduce pupils to agility, balance and co-ordination, understanding what they mean and why they are important. Pupils will perform circuits to develop their application and understanding.</p>

		their bodies to perform movements, creating a sequence.				
Enrichment Opportunities						
Topic Heading	<b>Gymnastics and Core Skills (Throwing and Catching)</b>	<b>Gymnastics and Dance</b>	<b>Dodgeball and OAA</b>	<b>Attack v Defence and Hockey</b>	<b>Athletics and Tennis</b>	<b>Athletics and Cricket</b>
Year 3 <b>Hedgehogs</b> Content (skills and knowledge)  NC Year PA Stage S1-S2	<p><b>Gymnastics (Linking)</b> The unit of work will challenge pupils to explore different ways that they can link movements and balances together. Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus focused on; jumps, rolls and balances.</p> <p><b>Ball Skills (Hands)</b> The unit of work will consolidate pupil's ability to accurately roll a ball towards a target. Pupils will combine their sending and stopping skills, applying their prior knowledge of where we send a ball and why to score</p>	<p><b>Gymnastics (Pathways)</b> The unit of work will challenge pupils to explore different ways that they can link movements and balances together while travelling along a variety of pathways. Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus while travelling along a chosen pathway.</p> <p><b>Dance (Sweet Factory)</b> The unit of work will develop pupil's ability to create and develop their characters, adding movements, expression and emotion to their</p>	<p><b>Dodgeball</b> The unit of work will explore how to apply the principles of attack vs defence in dodgeball. Pupils will develop an understanding of when, where and why we need to dodge, throw, catch and change direction during a game.</p> <p><b>OAA (Problem Solving)</b> The unit of work will explore what makes an effective team through different problem-solving challenges. Throughout the unit, there will be a focus on pupils developing skills essential to working within a team.</p>	<p><b>Attack v Defence</b> The unit of work will challenge pupils to create simple defending and attacking tactics, while continuing to develop an understanding of the transition from defence to attack. Pupils will apply these tactics as a team into games.</p> <p><b>Hockey</b> The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving and dribbling. Pupils will learn how to keep possession and eventually score in order to win a modified game.</p>	<p><b>Athletics</b> The unit of work will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams. Pupils will also begin to examine how to jump as far as possible and compare throwing accurately with throwing for distance.</p> <p><b>Rackets, Bats and Balls</b> The focus of the learning is for pupils to develop their ability to keep a ball controlled using a racket. Pupils will also explore and develop their hitting (pushing) skills using a ball and a racket accurately.</p>	<p><b>Athletics</b> The unit of work will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams. Pupils will also begin to examine how to jump as far as possible and compare throwing accurately with throwing for distance.</p> <p><b>Cricket</b> The unit of work will explore how to apply the principles of attack vs defence in a cricket context. Pupils will learn how to utilise fielding skills to keep the batter's score as low as possible. Pupils will also explore batting skills to outwit the fielders and score as</p>

	points to beat an opponent.	performance. Pupils will be able to create a motif and will develop their motifs with a partner to include some different elements of choreography, including telling a story.			Pupils will apply their understanding of accuracy and space in a variety of games.	many runs (points) as possible.
Enrichment Opportunities						
Topic Heading	<b>Gymnastics and Dodgeball</b>	<b>Dance and Netball</b>	<b>OAA and Handball</b>	<b>Tennis and Football</b>	<b>Athletics and Basketball</b>	<b>Athletics and Cricket</b>
Year 4 <b>Foxes and Squirrels</b> Content (skills and knowledge)  NC Year _____ PA Stage S1-S3	<b>Gymnastics (Symmetry and Asymmetry)</b> The unit of work will focus on exploring movements and balances in symmetrical and asymmetrical ways. Pupils will create sequences starting with their symmetrical balance on apparatus, moving out of it and travelling to a new piece of apparatus and ending in their asymmetrical balances applying flow. <b>Dodgeball</b> The unit of work will develop pupils' ability	<b>Dance (Wild Animals)</b> The unit of work will challenge pupils to respond to different stimuli being able to sustain characters to add drama and emotion to the dance. Pupils will bring together the choreography to create a final performance in groups. <b>Netball</b> The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving. Pupils will learn how to keep	<b>OAA (Problem solving and orienteering)</b> The unit of work will develop pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils' ability to apply skills essential to working within a team as well as create effective tactics. <b>Handball</b> The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving. Pupils will learn how to keep possession and	<b>Ball Skills</b> The focus of the learning is for pupils to refine their understanding of how they can use their hitting (striking) skills to send the ball into space in order to win a game. Pupils will refine this understanding of why in certain games, hitting into space is essential in order to score points against the opposing team. <b>Football</b> The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving and dribbling. Pupils	<b>Athletics</b> The unit of work will develop pupils' ability to develop their own sprinting technique, analysing their own performance. Pupils will compare sprinting to running for distance and pacing. The unit will introduce throwing for distance with javelins and explore the triple jump. <b>Basketball</b> The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving, dribbling and shooting. Pupils will	<b>Athletics</b> The unit of work will develop pupils' ability to develop their own sprinting technique, analysing their own performance. Pupils will compare sprinting to running for distance and pacing. The unit will introduce throwing for distance with javelins and explore the triple jump. <b>Cricket</b> The unit of work will develop pupils' ability to apply the principles of attack vs defence in a cricket context. Pupils will develop a range of more advanced fielding skills to keep the batter's score as low as

	to apply the principles of attack vs defence in games. Pupils will apply their throwing, catching and dodging skills combining these with their understanding of team work to try and win the game.	possession and eventually score in order to win a modified game.	eventually score in order to win a modified game.	will learn how to keep possession and eventually score in order to win a modified game.	learn how to keep possession and eventually score in order to win a modified game.	possible. Pupils will also develop their batting skills to outwit the fielders and score as many runs (points) as possible
Enrichment Opportunities						
Topic Heading	<b>Gymnastics and Tag Rugby</b>	<b>OAA and Creative Games</b>	<b>Dance and Dodgeball</b>	<b>Handball and Games Football</b>	<b>Cricket and Pickleball</b>	<b>Athletics and Rounders</b>
Year 5 <b>Penguins</b> Content (skills and knowledge)  NC Year  PA Stage S1-S4	<b>Gymnastics (Bridges)</b> The unit of work will focus on exploring bridge balances and the ways we can move in and out of them over and under them, on the floor and on the apparatus. Pupils will create sequences combining movements and bridge balances in pairs, applying flow and challenging their creativity. <b>Tag-Rugby</b> The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and	<b>OAA (Problem Solving)</b> The unit of work will refine pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils' ability to apply skills essential to working within a team as well as create, evaluate and adapt tactics. <b>Creative Games</b> The unit of work will provide pupils the opportunity to analyse and problem solve a game, adapting rules and concepts to	<b>Dance (Space)</b> The unit of work will challenge pupils to explore movement through improvisation, introducing unison and matching. Pupils will sustain their characters to add drama and emotion to the dance. Pupils will extend their dance skills by using more complex interacting movements, actions and incorporate apparatus. <b>Dodgeball</b> The unit of work will consolidate pupils' ability to apply the principles of attack vs defence in games. Pupils will consolidate their throwing, catching	<b>Handball</b> The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity. <b>Football</b> The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the pitch, creating an attack that results in a shooting opportunity.	<b>Cricket</b> The unit of work will challenge pupils to refine and apply their prior learning of the skills required for both batting and fielding. Pupils will be able to create and apply tactics for both batting, and fielding (including bowling) and apply these successfully within their teams. <b>Tennis/Pickleball</b> The unit of work will explore how to apply the principles of attack vs defence in order to win a game of tennis/pickleball. Pupils will understand	<b>Athletics</b> The unit of work will challenge pupils to consolidate their knowledge, understanding and ability to sprint effectively, individually and within a team. Pupils will be able to develop their technique for throwing a shot putt and explore and develop an understanding of how to hurdle safely. <b>Rounders</b> The unit of work will explore the concept of batting and fielding (attack and defence). Pupils will develop an understanding of the purpose of each team.

	moving to score a try. Pupils will develop their understanding of when, where and why they need to create space when they are attacking.	improve the quality of games.	and dodging skills applying these as they create simple tactics for attacking and defending.		where and why we throw/hit the ball on the court and be introduced to basic shot techniques.	Pupils will learn how to apply a variety of fielding skills such as throwing and stopping the ball to keep the batter's score low.
Enrichment Opportunities						
Topic Heading	<b>Gymnastics and Hockey</b>	<b>Dance and Tag-Rugby</b>	<b>OAA and Netball</b>	<b>Basketball and Handball</b>	<b>Pickleball and Cricket</b>	<b>Athletics and Rounders</b>
Year 6 <u>Eagles, Falcons and Badgers</u> Content (skills and knowledge)  NC Year _____ PA Stage S2 - S5	<b>Gymnastics (Counterbalance and Counter Tension)</b> The unit of work will focus on exploring Counterbalance and Counter Tension balances on the floor and on apparatus. Pupils will create sequences by consistently applying flow and challenging their creativity. Pupils will focus on the various ways they can construct the sequence and link the balances with movements. <b>Hockey</b> The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on	<b>Dance (Circus)</b> The unit of work will challenge pupils to bring together the different characters and performers that would have formed a 19th Century (1850) circus. Pupils will be able to distinguish between the different performers through clear movements and expression. Pupils will be able to perform their circus routine as part of a group. <b>Tag-Rugby</b> The unit of work will develop pupils' ability to apply the principles of attack vs defence. Pupils will combine passing and moving to	<b>OAA (Problem Solving and Orienteering)</b> The unit of work will consolidate pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils' ability to lead others, applying skills essential to working within a team as well as create, evaluate and adapt tactics. <b>Netball</b> The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating	<b>Basketball</b> The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity. <b>Handball</b> The unit of work will challenge pupils to apply their prior learning of passing and moving to create attacks that result in a shooting opportunity. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.	<b>Tennis/Pickleball</b> The unit of work will develop pupils' ability to apply the principles of attack vs defence in order to win a game of tennis/pickleball. Pupils will create space to win points and apply the developing racket skills using forehand and backhand techniques. <b>Cricket</b> Pupils will consolidate their knowledge, understanding and ability to effectively apply a range of fielding skills, batting skills and tactics into mini games.	<b>Athletics</b> The unit of work will challenge pupils to apply their knowledge, understanding and skills into a series of competitions. Pupils will experience competition across all the different areas of athletics that they have explored. Pupils will have to work hard individually to apply the correct technique as well as collaborating in teams. <b>Rounders</b> The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on the concept of batting. Pupils will continue to develop and apply a variety of



		creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.	develop ways of creating space to beat an opponent to score a try. Pupils will also develop tagging and to explore different ways the defending team can prevent the attackers from scoring.	an attack that results in a shooting opportunity.			fielding skills such as throwing and stopping the ball to keep the batter's score low.
	Enrichment Opportunities						
	Topic Heading	<b>Basketball, Health Related Exercise Handball and Dodgeball or Tennis/Pickleball</b>	<b>Gymfinity, Survival and OAA</b>	<b>Football, Health Related Exercise, Dance and Rugby</b>	<b>Survival, Swimming and Netball</b>	<b>Cricket, Rounders, Athletics and Badminton</b>	<b>Swimming, Gymfinity and Tennis/Pickleball or Dodgeball</b>
	<b>Year 7</b> Content (skills and knowledge) NC Year PA Stage S2-S6 <b>SoW may be taught at different times across the year</b>	<b>Basketball</b> The unit of work will challenge pupils to apply their prior learning of passing and moving and dribbling to create attacks that result in a shooting opportunity. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team. <b>Health Related Exercise</b>	<b>Gymfinity</b> Building on individual Gymnastics skills with a focus on building flexibility, strength and coordination, as well as feel-good fundamentals such as team building, mindfulness, confidence and body positivity. <b>Survival</b> Outdoor team games, map reading and orientation at Penenden Heath.	<b>Football</b> The unit of work will challenge pupils to apply their prior learning of passing, moving and dribbling to create attacks that result in a shooting opportunity. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team. <b>Health Related Exercise</b> The unit of work will ensure that all pupils	<b>Swimming</b> Developing competence in the water and stroke technique. Distance badges. Swimming is an individualised programme and is differentiated to cater for all pupils needs/ability. <b>Survival</b> Outdoor team games, map reading and orientation at Penenden Heath. Building on trust and developing skills to solve problems, either	<b>Cricket</b> The unit will build on and embed previous skills learnt including batting and Bowling. Pupils will become more competent, confident and expert in their techniques and apply them in competitive games. <b>Rounders</b> The unit of work will challenge pupils to apply fielding tactics, exploring how we can maximise our fielding set up and get the most from our	<b>Swimming</b> Developing competence in the water and stroke technique. Distance badges. Swimming is an individualised programme and is differentiated to cater for all pupils needs/ability <b>Gymfinity</b> Building on individual Gymnastics skills with a focus on building flexibility, strength and coordination, as well as feel-good fundamentals such as team building,

		<p>The unit of work will ensure that all pupils understand the meaning of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits developing their own fitness.</p> <p><b>Handball</b> Pupils will consistently apply effective passes, applying decision making as to which pass to make and when in order to keep possession and score. Pupils will create and apply tactics in games adapting them as the game situation changes.</p> <p><b>Dodgeball</b> Pupils will refine their understanding of attacking and defending, applying skills and creating tactics during a game. Pupils will take responsibility for officiating and</p>	<p>Building on trust and developing skills to solve problems, either individually or as a group.</p> <p><b>OAA</b> Building on teamwork and map reading skills across the school. Working in a team, building on trust and developing skills to solve problems, either individually or as a group</p>	<p>understand the meaning of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits developing their own fitness.</p> <p><b>Tag-Rugby</b> The unit of work will challenge pupils to apply their prior learning of passing and moving, learning how to execute different passes and understanding where, when they are used in a game. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.</p> <p><b>Dance</b> The unit of work will enable pupils to perform dances using advanced dance techniques within a range of dance styles and forms.</p>	<p>individually or as a group.</p> <p><b>Netball</b> The unit of work will challenge pupils to apply their prior learning of passing and moving to create attacks that result in a shooting opportunity. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their teams.</p>	<p>players, making it harder for the batting team. Pupils will be able to explore the skill set of each team and tactically select players to play in positions that utilise their skills.</p> <p><b>Athletics</b> The unit will build on and embed previous skills learnt in a variety of track and field events. Pupils will become more competent, confident and expert in their techniques and apply them in competitive situations.</p> <p><b>Badminton</b> The unit of work will challenge pupils to apply their understanding of how to create space to win a point. Pupils will refine their understanding of when to apply the forehand and backhand in a game situation to win a point and how to take control of the game from the beginning (serve).</p>	<p>mindfulness, confidence and body positivity.</p> <p><b>Pickleball/Tennis</b> The unit will build on and embed previous skills learnt including forehand and backhand returns. Pupils will become more competent, confident and expert in their techniques and apply them in competitive games.</p> <p><b>Dodgeball</b> Pupils will refine their understanding of attacking and defending, applying skills and creating tactics during a game. Pupils will take responsibility for officiating and managing their own games.</p>
--	--	---	---	--	---	--	--



	<p>managing their own games.</p> <p><b>Pickleball/Tennis</b> The unit will build on and embed previous skills learnt including forehand and backhand returns. Pupils will become more competent, confident and expert in their techniques and apply them in competitive games.</p>					
Enrichment Opportunities						
Topic Heading	<b>Swimming, Handball, Basketball, Health Related Exercise and Dodgeball or Tennis/Pickleball</b>	<b>Swimming, Handball, Basketball, Health Related Exercise, OAA and Badminton</b>	<b>Gymfinity, Football, Dance, Table Tennis, Health Related Exercise, Netball and OAA</b>	<b>Football, Dance, Table Tennis, Health Related Exercise and Netball</b>	<b>Survival, Rounders, Cricket, Athletics, Netball and Tag-Rugby</b>	<b>Rounders, Cricket, Athletics and Dodgeball or Tennis/Pickleball</b>
<p><b>Year 8 and Oaks</b> Content (skills and knowledge)</p> <p>NC Year</p> <p>PA Stage S3-S7</p> <p><b>SoW may be taught at different times across the year</b></p>	<p><b>Handball</b> The unit will build on and embed previous skills learnt. Pupils will become more competent, confident and expert in their techniques and apply them in competitive games and use a range of tactics and strategies to overcome opponents.</p> <p><b>Basketball</b></p>	<p><b>Handball</b> The unit will build on and embed previous skills learnt. Pupils will become more competent, confident and expert in their techniques and apply them in competitive games and use a range of tactics and strategies to overcome opponents.</p> <p><b>Basketball</b></p>	<p><b>Gymfinity</b> Building on individual Gymnastics skills with a focus on building flexibility, strength and coordination, as well as feel-good fundamentals such as team building, mindfulness, confidence and body positivity.</p> <p><b>Football</b> Pupils will learn to consistently apply effective attacking skills, applying decision</p>	<p><b>Football</b> Pupils will learn to consistently apply effective attacking skills, applying decision making in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession effectively.</p> <p><b>Dance</b> The unit of work will enable pupils to perform dances using advanced dance</p>	<p><b>Survival</b> Outdoor team games, map reading and orientation at Penenden Heath. Building on trust and developing skills to solve problems, either individually or as a group.</p> <p><b>Rounders</b> Pupils will learn to consistently apply effective tactics for both batting and fielding. Pupils will utilise their prior</p>	<p><b>Survival</b> Outdoor team games, map reading and orientation at Penenden Heath. Building on trust and developing skills to solve problems, either individually or as a group.</p> <p><b>Rounders</b> Pupils will learn to consistently apply effective tactics for both batting and fielding. Pupils will utilise their prior knowledge of batting and fielding</p>

		<p>Pupils will learn to consistently apply effective attacking skills, applying decision making in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession effectively.</p> <p><b>Health Related Exercise</b> The unit of work will consolidate pupils understanding of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.</p> <p><b>Swimming</b> Developing competence in the water and stroke technique. Distance badges. Swimming is an individualised programme and is differentiated to cater for all pupils needs/ability.</p> <p><b>Dodgeball</b></p>	<p>Pupils will learn to consistently apply effective attacking skills, applying decision making in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession effectively.</p> <p><b>Health Related Exercise</b> The unit of work will consolidate pupils understanding of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.</p> <p><b>Swimming</b> Developing competence in the water and stroke technique. Distance badges. Swimming is an individualised programme and is differentiated to cater for all pupils needs/ability.</p> <p><b>OAA (2)</b></p>	<p>making in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession effectively.</p> <p><b>Dance</b> The unit of work will enable pupils to perform dances using advanced dance techniques within a range of dance styles and forms.</p> <p><b>Health Related Exercise</b> The unit of work will consolidate pupils understanding of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.</p> <p><b>Netball (2)</b> Pupils will consolidate their understanding of the principles of attack and defence. They will consistently apply a range of effective passes, in order to keep possession and score. Pupils will in turn apply pressure when</p>	<p>techniques within a range of dance styles and forms.</p> <p><b>Health Related Exercise</b> The unit of work will consolidate pupils understanding of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.</p> <p><b>Gymfinity</b> Building on individual Gymnastics skills with a focus on building flexibility, strength and coordination, as well as feel-good fundamentals such as team building, mindfulness, confidence and body positivity.</p> <p><b>Tag-Rugby (1)</b> Pupils will consolidate their understanding of attacking and defending. Pupils will create tactics for both attack and defence and apply them into game situations, adapting them when necessary.</p>	<p>knowledge of batting and fielding tactics and consider when, where and why they will apply these during a game.</p> <p><b>Cricket</b> The unit will build on and embed previous skills learnt including batting and Bowling. Pupils will become more competent, confident and expert in their techniques and apply them in competitive games.</p> <p><b>Athletics</b> The unit will build on and embed previous skills learnt in a variety of track and field events. Pupils will become more competent, confident and expert in their techniques and apply them in competitive situations.</p> <p><b>Netball (1)</b> Pupils will consolidate their understanding of the principles of attack and defence. They will consistently apply a range of effective passes, in</p>	<p>tactics and consider when, where and why they will apply these during a game.</p> <p><b>Cricket</b> The unit will build on and embed previous skills learnt including batting and Bowling. Pupils will become more competent, confident and expert in their techniques and apply them in competitive games.</p> <p><b>Athletics</b> The unit will build on and embed previous skills learnt in a variety of track and field events. Pupils will become more competent, confident and expert in their techniques and apply them in competitive situations.</p> <p><b>Survival</b> Outdoor team games, map reading and orientation at Penenden Heath. Building on trust and developing skills to solve problems, either individually or as a group.</p> <p><b>Tennis/Pickleball</b></p>
--	--	---	---	---	--	--	--

	<p>To build on and embed skills learnt in year 7. Becoming more competent, confident and expert in their techniques. In competitive games pupils will use a range of tactics and strategies to overcome their opposing teams.</p> <p><b>Tennis/Pickleball</b> Pupils will learn to consistently apply effective shot techniques, applying decision making as to which shot to make and where to aim in order to score a point. Pupils will create, apply and evaluate tactics in singles and doubles games.</p>	<p>Building on teamwork and map reading skills across the school. Working in a team, building on trust and developing skills to solve problems, either individually or as a group.</p> <p><b>Badminton (1)</b> Pupils will refine their ability to execute certain shots and to think tactically, deciding which shot to play and why in a game situation. Pupils will apply their learning in singles and doubles games.</p>	<p>defending to regain possession quickly.</p> <p><b>OAA (1)</b> Building on teamwork and map reading skills across the school. Working in a team, building on trust and developing skills to solve problems, either individually or as a group.</p>	<p><b>Badminton (2)</b> Pupils will refine their ability to execute certain shots and to think tactically, deciding which shot to play and why in a game situation. Pupils will apply their learning in singles and doubles games.</p>	<p>order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession quickly.</p> <p><b>Tag-Rugby (2)</b> Pupils will consolidate their understanding of attacking and defending. Pupils will create tactics for both attack and defence and apply them into game situations, adapting them when necessary.</p>	<p>Pupils will learn to consistently apply effective shot techniques, applying decision making as to which shot to make and where to aim in order to score a point. Pupils will create, apply and evaluate tactics in singles and doubles games.</p> <p><b>Dodgeball</b> To build on and embed skills learnt in year 7. Becoming more competent, confident and expert in their techniques. In competitive games pupils will use a range of tactics and strategies to overcome their opposing teams.</p>
Enrichment Opportunities						
Topic Heading	<b>Cyclopark, Survival and Dodgeball or Pickleball/Tennis</b>	<b>Health Related Exercise, Basketball, Handball, Badminton and OAA</b>	<b>Survival, Swimming, OAA and Netball</b>	<b>Football, Health Related Exercise, Table Tennis, Tag Rugby and Badminton</b>	<b>Swimming, Cyclopark, Netball and Tag Rugby</b>	<b>Rounders, Athletics, Cricket and Tennis/Pickleball or Dodgeball</b>
<u>Year 9</u> Content (skills and knowledge)	<b>Cycling</b> Pupils attend Cyclopark, a British Cycling organisation that teach pupils	<b>Health Related Exercise</b> The unit of work will consolidate pupils understanding of	<b>Survival</b> Outdoor team games, map reading and orientation at Penenden Heath.	<b>Football</b> The unit will build on and embed previous skills learnt. Pupils will become more	<b>Swimming</b> Developing competence in the water and stroke technique. Distance	<b>Rounders</b> The unit will build on and embed previous skills learnt including batting and fielding.

<p>NC Year PA Stage S3-S7</p> <p><b>SoW may be taught at different times across the year</b></p>	<p>mountain biking, BMX and road cycling.</p> <p><b>Survival</b> Outdoor team games, map reading and orientation at Penenden Heath. Building on trust and developing skills to solve problems, either individually or as a group.</p> <p><b>Health Related Exercise</b> The unit of work will consolidate pupils understanding of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.</p> <p><b>Dodgeball</b> To build on and embed skills learnt in year 8. Becoming more competent, confident and expert in their techniques. In competitive games pupils will use a range of tactics and strategies to</p>	<p>strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.</p> <p><b>Basketball</b> Recap of skills learnt previously, and more complex techniques added e.g., set shot and guarding</p> <p><b>Handball</b> The unit will build on and embed previous skills learnt. Pupils will become more competent, confident and expert in their techniques and apply them in competitive games and use a range of tactics and strategies to overcome opponents.</p> <p><b>Badminton (1)</b> The unit of work will challenge pupils to overcome opponents in direct competitions through team and individual games.</p>	<p>Building on trust and developing skills to solve problems, either individually or as a group.</p> <p><b>Swimming</b> Developing competence in the water and stroke technique. Distance badges. Swimming is an individualised programme and is differentiated to cater for all pupils needs/ability</p> <p><b>OAA (1)</b> The unit of work will encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p> <p><b>Netball (2)</b> Pupils will consolidate their understanding of the principles of attack and defence. They will consistently apply a range of effective passes, in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession quickly.</p>	<p>competent, confident and expert in their techniques and apply them in competitive games and use a range of tactics and strategies to overcome opponents.</p> <p><b>Health Related Exercise</b> The unit of work will consolidate pupils understanding of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.</p> <p><b>Tag Rugby (1)</b> Pupils will consolidate their understanding of attacking and defending. Pupils will create tactics for both attack and defence and apply them into game situations, adapting them when necessary.</p> <p><b>Badminton (2)</b> The unit of work will challenge pupils to overcome opponents in direct competitions</p>	<p>badges. Swimming is an individualised programme and is differentiated to cater for all pupils needs/ability.</p> <p><b>Cycling</b> Pupils attend Cyclopark, a British Cycling organisation that teach pupils mountain biking, BMX and road cycling.</p> <p><b>Netball (1)</b> Pupils will consolidate their understanding of the principles of attack and defence. They will consistently apply a range of effective passes, in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession quickly.</p> <p><b>Tag Rugby (2)</b> Pupils will consolidate their understanding of attacking and defending. Pupils will create tactics for both attack and defence and apply them into game situations, adapting them when necessary.</p>	<p>Pupils will become more competent, confident and expert in their techniques and apply them in competitive games and use a range of tactics and strategies to overcome opponents.</p> <p><b>Athletics</b> The unit will build on and embed previous skills learnt in a variety of track and field events. Pupils will become more competent, confident and expert in their techniques and apply them in competitive situations.</p> <p><b>Cricket</b> The unit will build on and embed previous skills learnt including batting and Bowling. Pupils will become more competent, confident and expert in their techniques and apply them in competitive games.</p> <p><b>Athletics</b> The unit will build on and embed previous skills learnt in a variety</p>
--	--	---	---	--	--	--

	<p>overcome their opposing teams.</p> <p><b>Tennis/Pickleball</b> Pupils will learn to consistently apply effective shot techniques, applying decision making as to which shot to make and where to aim in order to score a point. Pupils will create, apply and evaluate tactics in singles and doubles games.</p>	<p><b>OAA (2)</b> The unit of work will encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p>			<p>through team and individual games.</p>		<p>of track and field events. Pupils will become more competent, confident and expert in their techniques and apply them in competitive situations.</p> <p><b>Tennis/Pickleball</b> Pupils will learn to consistently apply effective shot techniques, applying decision making as to which shot to make and where to aim in order to score a point. Pupils will create, apply and evaluate tactics in singles and doubles games.</p> <p><b>Dodgeball</b> To build on and embed skills learnt in year 8. Becoming more competent, confident and expert in their techniques. In competitive games pupils will use a range of tactics and strategies to overcome their opposing teams.</p>
	<p>Enrichment Opportunities</p>						

Topic Heading	Entry Level	Entry Level, Cycling and Survival	Entry Level	Entry Level, Cycling and Survival	Entry Level and Choices (Offsite activities – Golf and Cycling)	Entry Level and Choices (Offsite activities – Golf and Cycling)
<p><b>Year 10</b> Content <b>Entry Level</b> (skills and knowledge)</p> <p>NC Year PA Stage S4-S8 Entry level 1-3.</p>	<p><b>Entry Level</b> Pupils to start their Entry level accreditation which is a combination of practical and theory work. Entry Level sports taught and assessed through a range of practical classes and topics.</p> <p><b>Analysis of performance PPT</b> PowerPoint is based on Basketball and pupils talk about the key skills and their strengths and weaknesses.</p> <p><b>Basketball (Entry Level)</b> Pupils now go into depth on gameplay. Key skills recapped from previous years, Passing, Shooting, Dribbling, Attacking and Defending. Full games played with zone attack and zone defence. Pupils</p>	<p><b>Entry Level</b> Pupils to continue their Entry Level accreditation which is a combination of practical and theory work. Entry level sports taught and assessed through a range of practical classes and topics</p> <p><b>Cycling (Cyclopark)</b> Pupils attend Cyclopark, a British Cycling organisation that teach pupils mountain biking, BMX and road cycling</p> <p>Outdoor team games, map reading and orientation at Penenden Heath. Building on trust and developing skills to solve problems, either individually or as a group.</p> <p><b>Basketball (Entry Level)</b> Pupils now go into depth on gameplay. Key skills recapped</p>	<p><b>Entry Level</b> Pupils to continue their Entry Level accreditation which is a combination of practical and theory work. Entry level sports taught and assessed through a range of practical classes and topics</p> <p><b>Handball (Entry Level)</b> Pupils now go into depth on gameplay. Key skills recapped from previous years; Passing, Shooting, Dribbling, Attacking and Defending. Full games played with zone attack and zone defence. Pupils filmed and graded during game.</p> <p><b>Badminton (Entry Level)</b> Pupils now recap techniques of shots and now develop these during gameplay. Pupils will learn how to overcome opponents by discussing and</p>	<p><b>Entry Level</b> Pupils to continue their Entry Level accreditation which is a combination of practical and theory work. Entry level sports taught and assessed through a range of practical classes and topics</p> <p><b>Cycling (Cyclopark)</b> Pupils attend Cyclopark, a British Cycling organisation that teach pupils mountain biking, BMX and road cycling</p> <p>Outdoor team games, map reading and orientation at Penenden Heath. Building on trust and developing skills to solve problems, either individually or as a group.</p> <p><b>Badminton (Entry Level)</b> Pupils now recap techniques of shots and now develop these during gameplay.</p>	<p><b>Entry Level</b> Pupils to continue their Entry Level accreditation which is a combination of practical and theory work. Entry level sports taught and assessed through a range of practical classes and topics</p> <p><b>Golf (offsite)</b> Pupils to learn a variety of golf shots and the techniques associated. Fundamentals and etiquette of using a golf course fully established. Principles of safety</p> <p><b>Cycling (Cyclopark)</b> Pupils attend Cyclopark, a British Cycling organisation that teach pupils mountain biking, BMX and road cycling</p>	<p><b>Entry Level</b> Pupils to continue their Entry Level accreditation which is a combination of practical and theory work. Entry level sports taught and assessed through a range of practical classes and topics</p> <p><b>Golf (offsite)</b> Pupils to learn a variety of golf shots and the techniques associated. Fundamentals and etiquette of using a golf course fully established. Principles of safety</p> <p><b>Cycling (Cyclopark)</b> Pupils attend Cyclopark, a British Cycling organisation that teach pupils mountain biking, BMX and road cycling</p>



	<p>filmed and graded during game.</p> <p><b><u>Circuit Training (Entry Level)</u></b></p> <p>Pupils learn about different muscle groups and exercises to help support this. Pupils must correctly demonstrate different exercises and will also lead warm ups to others. Pupils will be filmed and graded based on their technique and work ethic.</p>	<p>from previous years; Passing, Shooting, Dribbling, Attacking and Defending. Full games played with zone attack and zone defence. Pupils filmed and graded during game.</p>	<p>exploring different tactics. Pupils will also learn how to score in doubles. Pupils will be filmed and graded during a game of doubles.</p>	<p>Pupils will learn how to overcome opponents by discussing and exploring different tactics. Pupils will also learn how to score in doubles. Pupils will be filmed and graded during a game of doubles.</p>		
Topic Heading	<b>Cycling, Swimming</b>	<b>Entry Level</b>	<b>Cycling, Survival</b>	<b>Entry Level</b>	<b>Entry Level and Choices (Golf, Cycling Swimming)</b>	<b>Entry Level and Choices (Golf, Cycling, Swimming)</b>
<p><b>Year 11</b></p> <p>Content</p> <p><b>Entry Level</b> (skills and knowledge)</p> <p>NC Year</p> <p>PA Stage S4-S8</p> <p>Entry level 1 - 3</p>	<p><b><u>Cycling (Cyclopark)</u></b></p> <p>Pupils attend Cyclopark, a British Cycling organisation that teach pupils mountain biking, BMX and road cycling</p> <p><b><u>Survival</u></b></p> <p>Outdoor team games, map reading and orientation at Penenden Heath. Building on trust and developing skills to solve problems,</p>	<p><b><u>Entry Level</u></b></p> <p>Pupils to continue their Entry Level accreditation which is a combination of practical and theory work. Entry level sports taught and assessed through a range of practical classes and topics</p>	<p><b><u>Cycling (Cyclopark)</u></b></p> <p>Pupils attend Cyclopark, a British Cycling organisation that teach pupils mountain biking, BMX and road cycling.</p> <p><b><u>Survival</u></b></p> <p>Outdoor team games, map reading and orientation at Penenden Heath. Building on trust and developing skills to solve problems, either</p>	<p><b><u>Entry Level</u></b></p> <p>Pupils to continue their Entry Level accreditation which is a combination of practical and theory work. Entry level sports taught and assessed through a range of practical classes and topics</p>	<p><b><u>Entry Level</u></b></p> <p>Pupils to continue their Entry Level accreditation which is a combination of practical and theory work. Entry level sports taught and assessed through a range of practical classes and topics</p> <p><b><u>Golf (offsite)</u></b></p> <p>Pupils to learn a variety of golf shots and the techniques associated.</p>	<p><b><u>Entry Level</u></b></p> <p>Pupils to continue their Entry Level accreditation which is a combination of practical and theory work. Entry level sports taught and assessed through a range of practical classes and topics</p> <p><b><u>Golf (offsite)</u></b></p> <p>Pupils to learn a variety of golf shots and the techniques associated. Fundamentals and etiquette of using a golf</p>

		<p>either individually or as a group.</p>		<p>individually or as a group.</p>		<p>Fundamentals and etiquette of using a golf course fully established. Principles of safety  <b><u>Cycling (Cyclopark)</u></b>  Pupils attend Cyclopark, a British Cycling organisation that teach pupils mountain biking, BMX and road cycling</p>	<p>course fully established. Principles of safety  <b><u>Cycling (Cyclopark)</u></b>  Pupils attend Cyclopark, a British Cycling organisation that teach pupils mountain biking, BMX and road cycling</p>
--	--	---	--	------------------------------------	--	--	---

