

Created: September 2023

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic(s)	Handball	Dodgeball	Table Tennis	Football	Striking and Fielding	Athletics/Outdoor Pursuits
Knowledge	<p>Technical/Tactical- Passing, Receiving, Dribbling, Scoring- (Shooting)</p> <p>Physical- Speed, Agility, Power, Reaction time</p> <p>Psychological- Positive approach to play, Concentration</p> <p>Social- Team work, Managing success and failure</p>	<p>Technical/Tactical- Passing, footwork, shooting, positional play, defending, decision making, dodging.</p> <p>Physical- Agility, balance, coordination.</p> <p>Psychological- Positive approach to play, Concentration,.</p> <p>Social- Teamwork, Managing success and failure</p>	<p>Technical/Tactical- Service, applying spin, drop shot, smash - Playing to space.</p> <p>Physical- Balance, agility, coordination, power, reaction time.</p> <p>Psychological- Positive approach to play, concentration especially when fatiguing.</p> <p>Social- Working independently, peer coaching, communicating rules</p>	<p>Technical/Tactical- Passing, Receiving, Dribbling, Finishing - Making decisions under pressure</p> <p>Physical- Speed, Agility, Power, Reaction time.</p> <p>Psychological- Positive approach to play, Concentration,.</p> <p>Social- Team work, Managing success and failure</p>	<p>Technical/Tactical- Bowling, batting, fielding, ball familiarisation, barriers, throwing accuracy</p> <p>Physical- Speed, Agility, Power</p> <p>Psychological- Positive approach to play, Concentration.</p> <p>Social- Teamwork, Managing success and failure</p>	<p>Technical/Tactical- Jumps, throws, springing technique and pacing.</p> <p>Physical- Speed, Agility, Power</p> <p>Psychological- Positive approach to play, Concentration.</p> <p>Social- Teamwork, Managing success and failure</p>
Understanding: Concepts / Disciplinary Knowledge	<p>Rules of Handball</p> <p>Game strategies</p> <p>Positions</p> <p>Tactics</p> <p>Evaluation of performance</p>	<p>Rules of Dodgeball</p> <p>Game strategies</p> <p>Positions</p> <p>Tactics</p> <p>Evaluation of performance</p>	<p>Rules of Table Tennis</p> <p>Game strategies</p> <p>Positions</p> <p>Evaluation of performance</p>	<p>Rules of Football</p> <p>Game strategies</p> <p>Positions</p> <p>Tactics</p> <p>Evaluation of performance</p>	<p>Rules of variety of striking games (cricket, rounders)</p> <p>Tactics</p> <p>Evaluation of performance</p>	<p>Techniques</p> <p>Principles of training</p> <p>Rules and Safety for outdoor exercises</p> <p>Evaluation of performance</p>

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Teacher Notes						

Students are assessed through teacher observation and class discussion of the following aspects for each activity:

- the ability to perform skills in a closed environment

- the ability to perform skills in game situations.
- the ability to adapt skills and implement tactics according to the changes in environment.
- understanding of rules and regulations.