

CITY OF
ROCHESTER



SCHOOL

City of Rochester School

PE Curriculum

Physical Education Curriculum

Key Stage 1 – 4

Intent

- PE at City of Rochester aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future.
- Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved.
- It is our intent at City of Rochester to teach children life skills that will positively impact on their future.
- We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities.
- We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.
- The Board of Trustees which comprises experts in SEN and in particular ASD, have been actively involved in curriculum design. This means that the curriculum is fit for purpose for children with special educational needs. A large part of the curriculum is experiential as it is important for children on the autism spectrum to be able to make cohesive links that are not abstract. A fully immersive experience is required. Examples include through World Book Day, author and poet visits and a range of trips and visits which enrich and complement children's learning.

Implementation

- Pupils in the primary phase participate in weekly high quality PE lessons held at school. Pupils in the secondary phase participate in weekly high quality PE lessons held at a local sports centre. The primary phase take part in weekly swimming lessons at a local pool in addition and in the secondary phase they have swimming in one half of each term weekly.
- Our PE programme incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses.
- We provide opportunities for all children to engage in extra-curricular activities during lunchtimes at school. This is an inclusive approach which endeavours to encourage not only physical development but also well-being.
- Staff have access to a bespoke and whole school training programme which enables them to meet the individual needs of pupils in relation to their diagnosis of ASD and other co-morbidities together with subject specific/curriculum training. Examples include: Understanding Autism, how the developing brain works, visits to other schools to observe and learn from best practice, subject specific training, memberships and participation in subject associations, participating in curriculum meetings, access to on-line resources – for example Optimus Education.
- Quality Assurance activities include: half-termly book monitoring, learning walks, formal and informal lesson observations, including peer to peer observations, pupil surveys and curriculum team meetings.

Impact

- Our curriculum aims to improve the wellbeing and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.
- Within our lessons, children are taught about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness.
- Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.
- Attainment is measured using B Squared Connecting steps. Instead of giving every child a level at the end of each year, Connecting Steps is designed for continuous use. Teachers record the small steps pupils make and use these steps to build a bigger picture of the pupils' learning and achievements.
- When recording information, it isn't a case of what each pupil can or can't do. The system consists of seven steps leading to the achievement of a skill.
- Regular feedback is sought from pupils through the School Council (half-termly), pupil surveys, (termly), parent surveys (annually), staff surveys (annually)
- Confidence, Resilience and Success are core values at City of Rochester School. This means that the acquisition of social skills and personal development are of paramount importance to our pupils to life beyond school. Impact is therefore demonstrated through social and linguistic development which the school evidences through case studies.
- Pupils have significant barriers to learning which the school works hard to help pupils overcome. This means that the school works with a wide variety of partners such as medical professionals, curriculum partners, parents/carers, education professionals and the wider community to promote pupil's engagement in learning.

Statutory Guidance – Physical Education

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Links to Other Subjects

Although the links are not always overtly displayed, staff will draw attention to them whenever an opportunity arises.

1. Science

Health and Fitness, Drugs and Abuse

2. Maths

Speed, Distance, Time, Measuring, Recording, Handling Data

3. English

Speaking and Listening

4. Geography

Map-reading

5. Music

Rhythm, Tempo

6. ICT

Use of stop watches, use of digital camera and digital video, Use of spreadsheets for recording and interpreting data, Use of the internet

Curriculum Overview

- * Our curriculum is designed with our children in mind but is subject to change. Units may be moved around to suit children's interests, current affairs and to make better use of resources. If this happens staff ensure that there is breadth and balance across the year to ensure coverage.

KS1

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	Balance and Co-ordination	Gymnastics / Dance	OAA (Team Building)	Tag Rugby	Games	Athletics
	Swimming - Swimming and Water Safety step 1-2					
Connecting steps	PE step 1 -2					
Year 2	Balance and Co-ordination	Gymnastics / Dance	OAA (Team Building)	Tag Rugby	Games	Athletics
	Swimming - Swimming and Water Safety step 2-3					
Connecting steps	PE step 2-3					

KS2

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3	Balance and Co-ordination / Dance	Basketball	Football	Tag Rugby	Cricket	Athletics / OAA
	Swimming - Swimming and Water Safety step 3-4					
Connecting steps	PE step 3-4					
Year 4	Hockey / Dance	Basketball	Football	Tag Rugby	Cricket	Athletics / OAA
	Swimming - Swimming and Water Safety step 4-5					
Connecting steps	PE step 4-5					
Year 5	Hockey / Dance	Basketball	Football	Skiing	Cricket	Athletics / OAA
	Swimming - Swimming and Water Safety step 5-6					
Connecting steps	PE step 5-6					
Year 6	Hockey / Dance	Basketball	Football	Skiing	Cricket	Athletics / OAA
	Swimming - Swimming and Water Safety step 6-7					
Connecting steps	PE step 6-7					

KS3

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Hockey Swimming	Basketball	Gymnastics / Dance Swimming	Skiing	Cricket Swimming	Athletics / OAA
Connecting steps	Swimming and Water Safety step 7-8 PE step 7-8					
Year 8	Hockey Swimming	Basketball	Gymnastics / Dance Swimming	Skiing	Cricket Swimming	Athletics / OAA
Connecting steps	Swimming and Water Safety step 8-9 PE step 8-9					
Year 9	Hockey Swimming	Basketball	Gymnastics / Dance Swimming	Skiing	Cricket Swimming	Athletics / OAA
Connecting steps	Swimming and Water Safety step 9-10 PE step 9-10					

KS4

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Hockey Swimming	Basketball	Gymnastics / Dance Swimming	Skiing	Cricket Swimming	Athletics / D of E
Connecting steps	Swimming and Water Safety step 9-10 PE step 9-10					
Year 11	Hockey Swimming	Basketball	Football / Dance Swimming	Skiing	Cricket Swimming	Athletics / D of E
Connecting steps	Swimming and Water Safety step 9-10 PE step 9-10					

Detailed Curriculum Map

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	Balance and Co-ordination	Gymnastics /Dance	OAA (Team Building)	Tag Rugby	Games	Athletics
Learning Objectives Covered	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • perform dances using simple movement patterns. 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending
Swimming	<ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations 					

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 2	Balance and Co-ordination	Gymnastics /Dance	OAA (Team Building)	Tag Rugby	Games	Athletics
Learning Objectives Covered	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • perform dances using simple movement patterns. 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending
Swimming	<ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations 					

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3	Balance and Co-ordination / Dance	Basketball	Football	Tag Rugby	Cricket	Athletics / OAA
Learning Objectives Covered	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination perform dances using a range of movement patterns 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Swimming	<ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations 					

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 4	Hockey / Dance	Basketball	Football	Tag Rugby	Cricket	Athletics /OAA
Learning Objectives Covered	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination perform dances using a range of movement patterns 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Swimming	<ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations 					

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 5	Hockey / Dance	Basketball	Football	Skiing	Cricket	Athletics / OAA
Learning Objectives Covered	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination perform dances using a range of movement patterns 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Swimming	<ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations 					

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 6	Hockey / Dance	Basketball	Football	Skiing	Cricket	Athletics / OAA
Learning Objectives Covered	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination perform dances using a range of movement patterns 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Swimming	<ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations 					

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Hockey Swimming	Basketball	Gymnastics / Dance Swimming	Skiing	Cricket Swimming	Athletics/OAA
Learning Objectives Covered	<ul style="list-style-type: none"> use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] perform dances using advanced dance techniques within a range of dance styles and forms analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 8	Hockey Swimming	Basketball	Gymnastics / Dance Swimming	Skiing	Cricket Swimming	Athletics/OAA
Learning Objectives Covered	<ul style="list-style-type: none"> use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] perform dances using advanced dance techniques within a range of dance styles and forms analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 9	Hockey Swimming	Basketball	Gymnastics / Dance Swimming	Skiing	Cricket Swimming	Athletics/OAA
Learning Objectives Covered	<ul style="list-style-type: none"> use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] perform dances using advanced dance techniques within a range of dance styles and forms analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Hockey Swimming	Basketball	Gymnastics / Dance Swimming	Skiing	Cricket Swimming	Athletics/D of E
Learning Objectives Covered	<ul style="list-style-type: none"> • use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> • use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> • develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance] • evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> • use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> • use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> • develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance] • take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 11	Hockey Swimming	Basketball	Football / Dance Swimming	Skiing	Cricket Swimming	Athletics/D of E
Learning Objectives Covered	<ul style="list-style-type: none"> • use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> • use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> • develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance] • evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> • use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> • use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> • develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance] • take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group