

	Year 7			Year 8			Year 9			Year 10			Year 11				
	Cycle 1	Cycle 2	Cycle 3	Cycle 1	Cycle 2	Cycle 3	Cycle 1	Cycle 2	Cycle 3		Cycle 1	Term 2	Term 3	Cycle 1	Cycle 2		
<b>Apply skills and strategy</b>	Develop control of basic skills and techniques of football, netball, trampolining and orienteering	Develop control of basic skills and techniques of badminton and dance	Develop control of basic skills and techniques of athletic track and field events: and striking and fielding activities	developing more precision and advanced skills and techniques of football, netball, trampolining and orienteering	developing more precision and advanced skills and techniques of badminton and dance	developing more secure and advanced skills and techniques of athletic track and field events: and striking and fielding activities	securing more fluent and advanced skills and techniques of football, netball and trampolining	securing more fluent and advanced skills and techniques of badminton	securing more fluent and advanced skills and techniques of athletic track and field events: and striking and fielding activities		Apply advanced skills and techniques of football, netball and trampolining	Applying advanced skills and techniques of badminton	Applying advanced skills and techniques of athletic track and field events ; and striking and fielding activities	Perform with secure levels of high advanced skills and techniques of football, netball and trampolining	Perform with secure levels of high advanced skills and techniques of badminton		<b>Apply skills and strategy</b>
<b>observation analysis and leadership</b>	Lead part of a group warm up With support improve own or others performance	Lead different parts of a warm up plan and lead drills improve own and others performance	With support, improve performance of athletic events	Lead different parts of a warm up plan and lead drills improve own and others performance	Use technical criteria to improve own and others performance	Improve others performance of athletic events	Lead a sports-specific warm up	using technical knowledge support others to improve technique and performance	using technical knowledge support others to improve technique and performance		Lead a sports-specific 3 part warm up	using technical knowledge support others to improve technique and performance	Apply technical knowledge support others to improve technique and performance	Lead a sports-specific full warm up	Apply technical knowledge justifying supporting others and self to improve technique and performance		<b>observation analysis and leadership</b>
<b>health and fitness</b>	know the components of fitness needed for football, netball, trampolining	long and immediate effects of activity on the body	Perform to maximum levels through individual effort	Improve the components of fitness needed for football, netball, trampolining and dance	Test and improve the components of fitness needed for improved performance	Assess own physical limits through athletics activities	Identify how sports-specific components of fitness improve performance in football, netball, trampolining	assess and evaluate their fitness	develop strength, power and speed for improved performance		Explain how sports-specific components of fitness improve performance in football, netball, trampolining	assess and evaluate their fitness acting on the outcome	develop strength, power and speed for improved performance	Assess how sports-specific components of fitness improve performance in football, netball, trampolining	assess and evaluate their fitness recommending improvements		<b>health and fitness</b>
<b>lifelong activity</b>	Taking part in competitive games enabling participation in extra-curricular or community sport	Know how exercise is important for health and well-being	know how maximum physical effort can impact on fitness and the body	Taking part in competitive games enabling participation in extra-curricular or community-based sport	Explain how different training methods can affect health and physical well-being	Use maximum physical effort to develop confidence in performance to compete in competitive activity	Develop technical levels to deliver confidence in performance	Develop technical levels to deliver confidence in performance	Use maximum physical effort to develop confidence in performance to compete in competitive activity		Apply technical levels to deliver confidence in performance	Apply technical levels to deliver confidence in performance	Use maximum physical effort to develop confidence in performance to compete in competitive activity	Perform using high technical levels to deliver confidence in performance	Perform using high technical levels to deliver confidence in performance		<b>lifelong activity</b>