

PE Curriculum Plan – Overview

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	<p><u>Health and Fitness</u> Purpose of warm up and cool down Baseline tests Circuits <u>Football</u> Basic skills, knowledge rules</p>	<p><u>Netball</u> <u>Handball</u> Basic skills, knowledge rules</p>	<p><u>Hockey</u> <u>Fitness Testing</u> Basics of ball control Keeping possession</p>	<p><u>Basketball</u> Basic ball handling skills, knowledge rules</p>	<p><u>Bat and Ball Games</u> Basic batting and bowling technique</p>	<p><u>Sports Day practice</u></p>
8	<p><u>Health and Fitness</u> Baseline tests Circuits <u>Football</u> Developed skills, knowledge rules</p>	<p><u>Netball</u> <u>Handball</u> Developed skills, knowledge, and rules</p>	<p><u>Hockey</u> <u>Fitness testing</u> Developed ball control Speed and direction change</p>	<p><u>Basketball</u> Developed ball handling skills, knowledge, and rules</p>	<p><u>Rounders</u> Developed batting and bowling technique</p>	<p><u>Sports Day practice</u></p>
9	<p><u>Health and Fitness</u> Baseline tests Benefits of sports <u>Football</u> Intermediate skills, knowledge rules</p>	<p><u>Netball</u> <u>Handball</u> Intermediate skills, knowledge, and tactics</p>	<p><u>Hockey</u> <u>Fitness testing</u> Intermediate ball control Speed and direction change</p>	<p><u>Basketball</u> Intermediate ball handling skills, knowledge, and tactics</p>	<p><u>Rounders</u> Intermediate batting and bowling technique Tactics and Game planning</p>	<p><u>Sports Day practice</u></p>
10	<p><u>Health and Fitness</u> _ Baseline tests Explore the skeleton, muscle joints <u>Football</u> Advanced skills, knowledge rules</p>	<p><u>Netball</u> <u>Handball</u> Advanced skills, knowledge rules and tactics</p>	<p><u>Hockey</u> <u>Fitness testing</u> Advanced ball control Speed and direction change</p>	<p><u>Basketball</u> Advanced ball handling skills, knowledge rules and tactics</p>	<p><u>Rounders</u> Advanced batting and bowling technique Tactics and Game planning</p>	<p><u>Sports Day practice</u></p>
11	<p><u>Health and Fitness</u> Baseline tests HIIT training <u>Football</u> Advanced skills, knowledge rules</p>	<p><u>Netball</u> <u>Handball</u> Advanced skills, knowledge, tactics and rules</p>	<p><u>Hockey</u> <u>Fitness testing</u> Advanced ball control Speed and direction change</p>	<p><u>Basketball</u> Advanced ball handling skills, knowledge rules</p>		

