

Trinity Academy Upper Site – PHYSICAL EDUCATION Curriculum 26-27

	Autumn Term		Spring Term		Summer Term	
	HT1	HT2	HT3	HT4	HT5	HT6
Year 8	Health and Fitness Introduction to safe use of cardio-vascular equipment. Circuit training. Intro to using cardiovascular machines Accurately participate in fitness testing. Describe short term responses of the body to exercise.	Net Games -Tennis and Badminton Serve accurately using one or more techniques. Show increasing control over the direction of an object, using a racquet where appropriate. Can use a variety of shot types Can follow the rules and keep score in a modified game.	Gymnastics -Individual balances, body shape in flight, combining skills in routines Demonstrate body tension and control in individual balances. Demonstrate control in the air during flight activities and an ability to take off and land in different ways. Can perform a variety of travelling movements including forward roll. Can select, combine and perform skills to create fluent routines. Select compositional ideas with regard for the aesthetic of their performance. Weight bearing on hands.	Invasion Games – Football & hockey Accurately send and receive an object using a variety of techniques and equipment. Pass and control a ball accurately with either hands or feet. Dribble/run with object showing accuracy and change of direction. Use tackling technique to dispossess an opponent. Dodge and evade an opponent.	Striking and Fielding Games -Cricket & Rounders Can strike a ball using simple batting techniques. Can bowl a ball accurately using a modified or simple bowling technique. Can throw accurately and catch a ball	Athletics Demonstrate a modified or simple throwing technique for shot put and javelin. Can perform a standing broad jump and simple long jump technique using a short run up. Can demonstrate an efficient running technique in sprinting and longer distances. Can assist in measuring time and distances for different events.
Year 9	Health and Fitness - Introduction to the safe use of machine weights, circuit training and fitness testing. Recall and accurately follow fitness testing procedures. Participation in cardiovascular and muscular endurance training. Select appropriate exercises for a given area	Net Games -Tennis and Badminton Can serve using an effective underarm and overarm technique. Show control over the direction of an object in order to manipulate their opponent around the court. Select appropriate shots in response to their own, and their opponent's position on court.	Gymnastics -Paired balances and vaulting Demonstrate body tension and control in paired (counterbalance) balances. Can make suggestions how to improve your own and others performance. Show increasing power and variety in flight movements, including use of equipment such as spring-board and vault.	Invasion Games – Football & hockey Accurately send and receive an object under pressure. Demonstrate a variety of throwing and catching techniques. Can use a variety of body parts to pass and control a ball. Dribble/run with object showing speed and change of direction.	Striking and Fielding Games -Cricket & Rounders To strike a ball using accurate batting techniques. Can bowl a ball accurately using a simple bowling technique. Can demonstrate a variety of fielding techniques including throwing, catching and stopping a ball. Can use	Athletics Demonstrate simple, yet accurate techniques in throwing events aiming for distance. Demonstrate simple, yet accurate techniques in jumping events aiming for height/distance. Can replicate an efficient sprinting technique. Develop strategies for sustained running. Accurately measure times and distances.

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	fitness and set simple short-term targets. Can describe short term adaptations of the body to exercise.	Can demonstrate use of simple attacking and defensive tactics.	Demonstrate increasingly complex ways of travelling including rolls, cartwheels, handspring. Can select, combine and perform skills to create fluent routines, including balancing, flight and travel. Select compositional ideas with regard for the aesthetic of your performance.	Use accurate tackling technique to dispossess an opponent. Mark an opponent to prevent them receiving an object. Begin to implement attacking and defensive tactics.	simple attacking and defensive tactics. Umpire a modified/simple game.	
Year 10	Health and Fitness Introduction to use of free weights Selecting and carrying out own fitness tests Target setting and planning own fitness sessions Explain and demonstrate safe procedures when using the gym – intro to using free weights. Explain fitness testing procedures and select appropriate methods for assessing given areas of fitness.	Net Games –Tennis, Badminton and Volleyball Can serve with speed and accuracy using an effective technique. Show control over the direction of an object in order to manipulate their opponent around the court. Can select appropriate shots in response to their own, and their opponent's position on court. Use deception to outwit an opponent. Can demonstrate use attacking and defensive tactics.	Gymnastics -Group balance, planning routines, evaluating own performance Demonstrate body tension and control in group balances Can select, combine and perform skills to create fluent routines involving varieties of flight, travel and balance. Use of equipment to perform rotation in flight. Can evaluate their own and others aesthetic performance. Can provide feedback to peers including suggestions on how the might improve. Weight bearing on hands including headstand and handstand.	Invasion Games – Football & Rugby Send and receive an object under pressure in competitive situations. Catch and throw accurately in competitive situations. Use a variety of body parts to accurately pass and control a ball. Dribble/run with object showing speed and change of direction. Use accurate tackling technique to dispossess an opponent. Mark an opponent to prevent them receiving an object. Adopt a variety of roles within a team and implement appropriate attacking and defensive tactics	Striking and Fielding Games -Cricket & Baseball To strike a ball using accurate batting techniques. Can select appropriate shots given the pace and direction of a ball. Can bowl using a sound technique showing some pace and accuracy. Can demonstrate a variety of fielding techniques including throwing, catching and stopping a ball. Can use attacking and defensive tactics appropriately. Umpire a modified game keeping score accurately.	Athletics Demonstrate accurate techniques in throwing events aiming for distance. Demonstrate accurate techniques in jumping events aiming for height/distance. Can demonstrate an efficient sprinting technique. Demonstrate appropriate strategies for sustained running. Accurately officiate an event
Year 11	Health and Fitness Explain and demonstrate safe procedures when using the gym	Net Games –Tennis, Badminton and Volleyball	Gymnastics -Group balance, planning routines, evaluate and provide feedback to peers.	Invasion Games – Football & Rugby Send and receive an object under pressure.	Striking and Fielding Games -Cricket & Baseball	Athletics Evaluating performance and providing feedback to peers

Trinity Academy Upper Site – PHYSICAL EDUCATION Curriculum 26-27

	Participate in a wide range of exercises safely. Evaluate fitness testing procedures stating advantages and disadvantages. Setting longer term fitness goals and evaluating the outcome. Can explain long term adaptations of the body to exercise. Can explain long term benefits of a healthy lifestyle.	Can serve with speed and accuracy using an effective technique. Show control over the direction of an object in order to manipulate their opponent around the court. Can select appropriate shots in response to their own, and their opponent's position on court. Use deception to outwit an opponent. Can demonstrate use of attacking and defensive tactics.	Demonstrate body tension and control in group balances. Can select, combine and perform skills to create fluent routines including use of equipment. Can evaluate their own and others aesthetic performance. Weight bearing on hands. Perform using a variety of apparatus safely	Catch and throw accurately in competitive situations. Use a variety of body parts to accurately pass and control a ball. Dribble/run with object showing speed and change of direction. Use accurate tackling technique to dispossess an opponent. Evaluate tactics and strategies and make recommendations for improvement	To strike a ball using accurate batting techniques. Can select appropriate shots given the pace and direction of a ball. Can bowl using a sound technique showing some pace and accuracy. Can demonstrate a variety of fielding techniques including throwing, catching and stopping a ball. Can use attacking and defensive tactics appropriately. Umpire a modified game keeping score accurately.	Demonstrate accurate techniques in throwing events aiming for distance. Demonstrate accurate techniques in jumping events aiming for height/distance. Can demonstrate an efficient sprinting technique. Demonstrate appropriate strategies for sustained running. Accurately officiate an event.
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