Activity (4-week block)	NC Activity specific skills	Assessment / moderation	Key Vocab	Careers	Misconceptions	Homework/reading tasks
Rugby Union	 N/C links: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best Take part in competitive sports and activities outside school through community links or sports clubs. 1. To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes. 2. To improve and build on basic skills learned in 3. To develop more advanced tactics to be used in games. 4. To identify strengths and weaknesses in games 5. To discuss ways to improve their performance. 	Assessment based on GCSE OCR practical unit During this unit students will be assessed on their knowledge of rules & regulations. Students will also be assessed on their skills level, techniques and tactical awareness Assessed at start and end of the unit. Students will be assessed at the start of the unit through staff discussion and observations in lesson. At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson	Analysis Scrum lineout Ruck Maul Tackle Forward pass Scrum Off side Tactics Conversion Tier 2 words: Analyse Assess Compare Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Review	PE teacher Coach Player Sport science <u>Employability skills</u> Aiming high, Creativity, Leadership, Listening, Presenting, Problem solving, Staying positive, Teamwork, Numeracy, Independence, Communication	One is better than the other Hand off in union Lineout/lift Tackling – body position/safety. Kick off rules. Line out rules	At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it). Complete homework sheet
Rugby League	 N/C links: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best Take part in competitive sports and activities outside school through community links or sports clubs. To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes. To improve and build on basic skills learned in To identify strengths and weaknesses in games To discuss ways to improve their performance. 	Assessment based on GCSE OCR practical unit During this unit students will be assessed on their knowledge of rules & regulations. Students will also be assessed on their skills level, techniques and tactical awareness Assessed at start and end of the unit. Students will be assessed at the start of the unit through staff discussion and observations in lesson. At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson	Analysis Scrum lineout Ruck Maul Tackle Forward pass Scrum Off side Tactics Conversion Tier 2 words: Analyse Assess Compare Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Review	PE teacher Coach Player Sport science <u>Employability skills</u> Aiming high, Creativity, Leadership, Listening, Presenting, Problem solving, Staying positive, Teamwork, Numeracy, Independence, Communication	One is better than the other Hand off in union Lineout/lift Tackling – body position/safety. Kick off rules. Line out rules	At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it). Complete homework sheet

Netball	N/C links:	Assessment based on GCSE OCR practical unit	Attack	PE teacher	Netball is a non-contact sport.	At the end of the 4-week topic,
	Use a range of tactics and strategies to		Defence Boplayed ball	Coach		students will be assigned a
		During this unit students will be assessed on their	Replayed ball Tactics	Player	Obstruction can occur when the	homework task on Edulink (or a
	overcome opponents in direct competition	knowledge of rules & regulations.	Penalty pass	Sport science	opposing player doesn't have the	piece of paper in lesson if they
	through team and individual games					cannot access it).
	 Analyse their performances compared to 	Students will also be assessed on their skills level,	Tier 2 words:	Employability skills	ball.	,
	previous ones and demonstrate	techniques and tactical awareness	Analyse	Aiming high, Creativity,		Complete homework sheet
	improvement to achieve their personal best		Assess	Leadership,		complete nomework sheet
	 Take part in competitive sports and 	Assessed at start and end of the unit.	Compare	Listening, Presenting, Problem		
	activities outside school through community	Assessed at start and end of the unit.	Define	At the end of the 4-week		
	links or sports clubs.		Describe Discuss			
		Students will be assessed at the start of the unit	Evaluate	topic, students will be		
		through staff discussion and observations in lesson.	Explain	assigned a homework task on		
	1. To be marked against GCSE/OCR/BTEC		Identify	Edulink (or a piece of paper in		
	Criteria to assess pupils in GCSE and OCR	At the end of the unit, students will be assessed	Justify	lesson if they cannot access		
	(Y10) and BTEC (Y11) classes.	through the he self-evaluation sheets and final	Outline	it).		
	2. To improve and build on basic skills learned	assessment lesson	Plan			
	in		Suggest Summarise	Complete homework sheet		
	3. To develop more advanced tactics to be		Review	solving, Staying positive,		
	used in games.			Teamwork, Numeracy,		
	4. To identify strengths and weaknesses in			Independence,		
	games			Communication		
	5. To discuss ways to improve their			communication		
-	performance.		Analusia			
Football	N/C links:	Assessment based on GCSE OCR practical unit	Analysis formations	PE teacher	Crowding the ball to defend	At the end of the 4-week topic,
	• Use a range of tactics and strategies to		Pass.	Coach		students will be assigned a
	overcome opponents in direct competition	During this unit students will be assessed on their	Dribble.	Player	Putting best players in attack and	homework task on Edulink (or a
	through team and individual games	knowledge of rules & regulations.	Receive.	Sport science	weakest in defence.	piece of paper in lesson if they
	 Analyse their performances compared to 		Shoot.			cannot access it).
		Students will also be assessed on their skills level,	Throw in.	Employability skills		
	previous ones and demonstrate	techniques and tactical awareness	Corner. Goal kick.	Aiming high, Creativity,		Complete homework sheet
	improvement to achieve their personal best		Header.	Leadership,		
	 Take part in competitive sports and 	Assessed at start and end of the unit.	Off side.	Listening, Presenting, Problem		
	activities outside school through community		Tactics.	solving, Staying positive,		
	links or sports clubs.	Students will be assessed at the start of the unit		Teamwork, Numeracy,		
		through staff discussion and observations in lesson.	Tier 2 words:	Independence,		
	1. To be marked against GCSE/OCR/BTEC		Analyse	Communication		
		At the end of the unit, students will be assessed	Assess	communication		
	Criteria to assess pupils in GCSE and OCR		Compare Define			
	(Y10) and BTEC (Y11) classes.	through the he self-evaluation sheets and final	Describe			
	2. To improve and build on basic skills learned	assessment lesson	Discuss			
	in		Evaluate			
	To develop more advanced tactics to be		Explain			
	used in games.		Identify			
	4. To identify strengths and weaknesses in		Justify			
	games		Outline Plan			
	5. To discuss ways to improve their		Suggest			
	performance.		Summarise			
	performance.		Review			
Fitness	N/C - analyse their performances compared to	Assessment based on GCSE OCR practical unit	Interval.	PE teacher,	Overtraining to improve.	At the end of the 4-week topic,
	previous ones and demonstrate improvement		Continuous.	Coach,		students will be assigned a
	to achieve their personal best.	During this unit students will be assessed on their	Fartlek.	Personal trainer,	Difference between skills and fitness.	homework task on Edulink (or a
		knowledge of rules & regulations.	Circuits.	Dietitian,		
		I KINOWICUSE OF FUIES & FESUIDUOTIS.	Weight training.	Dictitian,		

[To understand components of fitness	1	Plyometrics	Sport science	
	- Standing long jump	Students will also be assessed on their skills level,	liyometries	Sport science	
	- 12-minute Cooper run	techniques and tactical awareness	Tier 2 words:	Employability skills	
	- Sit and reach	techniques and tactical awareness	Analyse	Aiming high, Creativity,	
		Assessed at start and end of the unit.	Assess Compare		
	- 40m sprint	Assessed at start and end of the unit.	Define	Leadership, Listening, , Staying	
	- Reaction time	Students will be assessed at the start of the unit	Describe	positive, Independence,	
			Discuss		
	1 To be meriled a reinst CCCE/OCD/DTEC	through staff discussion and observations in lesson.	Evaluate		
	1. To be marked against GCSE/OCR/BTEC		Explain		
	Criteria to assess pupils in GCSE and OCR	At the end of the unit, students will be assessed	Identify Justify		
	(Y10) and BTEC (Y11) classes.	through the he self-evaluation sheets and final	Outline		
	2. To improve and build on basic skills learned	assessment lesson	Plan		
	in		Suggest		
	3. To develop more advanced tactics to be		Summarise Review		
	used in games.		Neview		
	4. To identify strengths and weaknesses in				
	games				
	5. To discuss ways to improve their				
Trampolini	performance. N/C -develop their technique and improve their	Assessment based on GCSE OCR practical unit	<u>Gymnastics</u>	PE teacher	Dangerous
	performance in other competitive sports	Assessment based on GUSE OUR produced unit	- symmastics	Coach	Daligerous
ng	performance in other competitive sports	During this unit students will be assessed on their	tuck,		Don't need to do anyth
	To build confidence and skills on trampoling	During this unit students will be assessed on their	pike	Player	
	To build confidence and skills on trampoline. Develop skills, including; tuck, pike straddle,	knowledge of rules & regulations.	straddle, twists, seat drops,	Sport science	performing
	twists, seat drops, front/back drop and	Students will also be assessed on their skills level,	front/back drop	Employability skills	
	somersaults	techniques and tactical awareness	and somersaults	Aiming high, Creativity,	
	somersaults	techniques and tactical awareness	Spotter	Leadership,	
	1. To be marked against GCSE/OCR/BTEC	Assessed at start and end of the unit.	Posture	Listening, Presenting, Problem	
	Criteria to assess pupils in GCSE and OCR	Assessed at start and end of the unit.	Tier 2 words:	solving, Staying positive,	
	(Y10) and BTEC (Y11) classes.	Students will be assessed at the start of the unit	Analyse	Teamwork, Independence,	
	2. To improve and build on basic skills learned	through staff discussion and observations in lesson.	Assess	Communication	
			Compare	Communication	
	in 3. To develop more advanced tactics to be	At the end of the unit, students will be assessed	Define Describe		
		through the he self-evaluation sheets and final	Discuss		
	used in games.4. To identify strengths and weaknesses in	assessment lesson	Evaluate		
	games		Explain		
	5. To discuss ways to improve their		Identify		
	performance.		Justify Outline		
			Plan		
			Suggest		
			Summarise		
Athletics	N/C dovelon their technique and improve their	Assessment based on GCSE OCR practical unit	Revie Analysis	PE teacher	Can change lange in all i
Ametics	N/C -develop their technique and improve their	Assessment based on GLSE OLK practical unit	Track,		Can change lanes in all
	performance in other competitive sports.	During this unit students will be accessed on their	Sprint.	Coach	Can throw using any ta
	1 To be marked against CCSE /OCD /DTEC	During this unit students will be assessed on their	Endurance.	Player Sport science	Can throw using any tee
	1. To be marked against GCSE/OCR/BTEC	knowledge of rules & regulations.	False start.	Sport science	No tactics peeded
	Criteria to assess pupils in GCSE and OCR	Students will also be accessed on their skills level	Field. Shot,		No tactics needed
	(Y10) and BTEC (Y11) classes.	Students will also be assessed on their skills level,	Discus.	Employability skills	lust house to be stream t
	2. To improve and build on basic skills learned	techniques and tactical awareness	Javelin.	Aiming high, Creativity,	Just have to be strong t
	in	Assessed at start and and of the write	High jump.	Leadership,	
		Assessed at start and end of the unit.	Long jump.	Listening, Presenting, Problem	
			Triple jump.		

	piece of paper in lesson if they cannot access it).
	Complete homework sheet
ything when not	At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it).
	Complete homework sheet
all track events	At the end of the 4-week topic, students will be assigned a
y technique.	homework task on Edulink (or a piece of paper in lesson if they cannot access it).
ng to throw.	Complete homework sheet

	 To develop more advanced tactics to be used in games. To identify strengths and weaknesses in games To discuss ways to improve their performance. 	Students will be assessed at the start of the unit through staff discussion and observations in lesson. At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson.	Tier 2 words: Analyse Assess Compare Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Review	solving, Staying positive, Teamwork, Numeracy, Independence, Communication		
Striking and fielding	N/C links: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Assessment based on GCSE OCR practical unit During this unit students will be assessed on their knowledge of rules & regulations.	Analysis Back stop Wicket keeper Tactics Bowl,	PE teacher Coach Player Sport science	Rounders and softball are the same. Can have as many attempts at hitting the ball in rounders.	At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they
	Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best	Students will also be assessed on their skills level, techniques and tactical awareness	Bat, Strike, Field, Pitch, Strike,	Employability skills Aiming high, Creativity, Leadership,	Can run more than once on your turn Can throw a ball overarm to bowl in	cannot access it). Complete homework sheet
	Take part in competitive sports and activities outside school through community links or sports clubs.	Assessed at start and end of the unit. Students will be assessed at the start of the unit through staff discussion and observations in lesson.	No ball, Tier 2 words: Analyse Assess	Listening, Presenting, Problem solving, Staying positive, Teamwork, Numeracy, Independence, Communication	cricket. Can bowl overarm in rounders	
	 To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes. To improve and build on basic skills learned in To develop more advanced tactics to be 	At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson.	Compare Define Describe Discuss Evaluate Explain Identify Justify	Communication		
	 4. To identify strengths and weaknesses in games 5. To discuss ways to improve their performance. 		Outline Plan Suggest Summarise Review			
Tennis	 N/C links: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games 	Assessment based on GCSE OCR practical unit During this unit students will be assessed on their knowledge of rules & regulations.	Analysis Tactics Serve, Forehand, Backhand, Lob,	PE teacher Coach Player Sport science	Have to serve over arm. Can serve anywhere. Court sizes in singles and doubles.	At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it).
	 Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best Take part in competitive sports and 	Students will also be assessed on their skills level, techniques and tactical awareness	Volley, Net shot, Court.	Employability skills Aiming high, Creativity, Leadership,		Complete homework sheet
	activities outside school through community links or sports clubs.	Assessed at start and end of the unit. Students will be assessed at the start of the unit through staff discussion and observations in lesson.	Tier 2 words: Analyse Assess Compare	Listening, Presenting, Problem solving, Staying positive, Teamwork, Literacy, Numeracy, Independence, Communication		

2. 3. 4. 5.	To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes. To improve and build on basic skills learned in To develop more advanced tactics to be used in games. To identify strengths and weaknesses in games To discuss ways to improve their performance.	At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson.	Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Review			
• • 1. 2. 3. 4. 5.	C links: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best Take part in competitive sports and activities outside school through community links or sports clubs. To be marked against GCSE/OCR/BTEC Criteria to assess pupils in GCSE and OCR (Y10) and BTEC (Y11) classes. To improve and build on basic skills learned in To develop more advanced tactics to be used in games. To identify strengths and weaknesses in games To discuss ways to improve their performance.	Assessment based on GCSE OCR practical unit During this unit students will be assessed on their knowledge of rules & regulations. Students will also be assessed on their skills level, techniques and tactical awareness Assessed at start and end of the unit. Students will be assessed at the start of the unit through staff discussion and observations in lesson. At the end of the unit, students will be assessed through the he self-evaluation sheets and final assessment lesson.	Analysis Tactics Serve, Forehand, Backhand, Smash, Net shot faint. Tier 2 words: Analyse Assess Compare Define Describe Discuss Evaluate Explain Identify Justify Outline Plan Suggest Summarise Review	PE teacher Coach Player Sport science <u>Employability skills</u> Aiming high, Creativity, Leadership, Listening, Problem solving, Staying positive, Teamwork, Numeracy, Independence, Communication	Can use under or overarm serve. Can serve anywhere. Court sizes in singles and doubles.	At the end of the 4-week topic, students will be assigned a homework task on Edulink (or a piece of paper in lesson if they cannot access it). Complete homework sheet

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