

Rotation						
	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
YEAR 7 -	<p>TOPIC: Games for understanding (invasion)</p> <p>Knowledge: Develop knowledge and understanding of techniques, concepts, tactics, and game play in an invasion game.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules in an invasion game, and how to apply them in the role of performer.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Trampolining/Dance/Gymnastics</p> <p>Knowledge: Develop knowledge and understanding of techniques and concepts.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules to ensure safety, and how to apply them in the role of performer.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Swimming</p> <p>Knowledge: Develop knowledge and understanding of water safety, techniques and concepts in swimming.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules in swimming, and how to apply them in the role of performer.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Games for understanding (net)</p> <p>Knowledge: Develop knowledge and understanding of techniques, concepts, tactics, and game play in a net game.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules in a net game, and how to apply them in the role of performer.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Striking and Fielding</p> <p>Skills:</p> <p>Knowledge: Develop knowledge and understanding of techniques, concepts, tactics, and game play in a striking and fielding activity.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules in a striking and fielding game, and how to apply them in the role of performer.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Athletics/Fitness</p> <p>Knowledge: Develop knowledge and understanding of techniques, concepts and tactics in athletics</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules in track and field events, and how to apply them in the role of performer.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>

YEAR 8 -	<p><u>TOPIC: Games for understanding (invasion)</u> <u>Knowledge:</u> Develop knowledge and understanding of techniques, concepts, tactics, and game play in an invasion game.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules in an invasion game, and how to apply them in the role of performer and coach.</p> <p>Develop knowledge of analysis and the benefit of these methods in sport and everyday life.</p> <p><u>Skills:</u> Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p><u>TOPIC: Trampolining/Dance/Gymnastics</u></p> <p><u>Knowledge:</u> Develop knowledge and understanding of techniques and concepts.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules to ensure safety, and how to apply them in the role of performer and coach.</p> <p>Develop knowledge of analysis and the benefit of these methods in sport and everyday life.</p> <p><u>Skills:</u> Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p><u>TOPIC: Swimming</u></p> <p><u>Knowledge:</u> Develop knowledge and understanding of water safety, techniques and concepts in swimming.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules in swimming, and how to apply them in the role of performer and coach.</p> <p>Develop knowledge of analysis and the benefit of these methods in sport and everyday life.</p> <p><u>Skills:</u> Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p><u>TOPIC: Games for understanding (net)</u></p> <p><u>Knowledge:</u> Develop knowledge and understanding of techniques, concepts, tactics, and game play in a net game.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules in a net game, and how to apply them in the role of performer and coach.</p> <p>Develop knowledge of analysis and the benefit of these methods in sport and everyday life.</p> <p><u>Skills:</u> Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p><u>TOPIC: Striking and Fielding</u></p> <p><u>Skills:</u></p> <p><u>Knowledge:</u> Develop knowledge and understanding of techniques, concepts, tactics, and game play in a striking and fielding activity.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules in a striking and fielding game, and how to apply them in the role of performer and coach.</p> <p>Develop knowledge of analysis and the benefit of these methods in sport and everyday life.</p> <p><u>Skills:</u> Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p><u>TOPIC: Athletics/Fitness</u></p> <p><u>Knowledge:</u> Develop knowledge and understanding of techniques, concepts and tactics in athletics</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules in track and field events, and how to apply them in the role of performer and coach.</p> <p>Develop knowledge of analysis and the benefit of these methods in sport and everyday life.</p> <p><u>Skills:</u> Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>
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YEAR 9 -	<p><u>TOPIC: Games for understanding (invasion)</u></p> <p><u>Knowledge:</u> Develop knowledge and understanding of techniques, concepts, tactics, and game play in an invasion game.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules in an invasion game, and how to apply them in the role of performer, coach and official.</p> <p>Develop knowledge of analysis and the benefit of these methods in sport and everyday life.</p> <p><u>Skills:</u> Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p><u>TOPIC: Trampolining/Dance/Gymnastics</u></p> <p><u>Knowledge:</u> Develop knowledge and understanding of techniques and concepts.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules to ensure safety, and how to apply them in the role of performer, coach and official.</p> <p>Develop knowledge of analysis and the benefit of these methods in sport and everyday life.</p> <p><u>Skills:</u> Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p><u>TOPIC: Water Polo and Life Saving</u></p> <p><u>Knowledge:</u> Develop knowledge and understanding of techniques and concepts in water polo and life saving.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules in water polo, and how to apply them in the role of performer, coach and official.</p> <p>Develop knowledge of analysis and the benefit of these methods in sport and everyday life.</p> <p><u>Skills:</u> Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p><u>TOPIC: Games for understanding (net)</u></p> <p><u>Knowledge:</u> Develop knowledge and understanding of techniques, concepts, tactics, and game play in a net game.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules in a net game, and how to apply them in the role of performer, coach and official.</p> <p>Develop knowledge of analysis and the benefit of these methods in sport and everyday life.</p> <p><u>Skills:</u> Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p><u>TOPIC: Striking and Fielding</u></p> <p><u>Skills:</u></p> <p><u>Knowledge:</u> Develop knowledge and understanding of techniques, concepts, tactics, and game play in a striking and fielding activity.</p> <p>Develop knowledge of components of fitness.</p> <p>Develop understanding of regulations and rules in a striking and fielding game, and how to apply them in the role of performer, coach and official.</p> <p>Develop knowledge of analysis and the benefit of these methods in sport and everyday life.</p> <p><u>Skills:</u> Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p><u>TOPIC: Athletics/Fitness</u></p> <p><u>Knowledge:</u> Develop knowledge and understanding of techniques, concepts and tactics in athletics</p> <p>Develop knowledge of components of fitness, fitness testing and training methods.</p> <p>Develop understanding of regulations and rules in track and field events, and how to apply them in the role of performer, coach and official.</p> <p>Develop knowledge of analysis and the benefit of these methods in sport and everyday life.</p> <p><u>Skills:</u> Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>
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YEAR 10 -	<p>TOPIC: Games for understanding (invasion)</p> <p>Knowledge: Develop knowledge and understanding of techniques, concepts, tactics, and game play in an invasion game.</p> <p>Develop knowledge of healthy participation.</p> <p>Develop understanding of regulations and rules in an invasion game, and how to apply them in the role of performer, coach and official.</p> <p>Develop knowledge of leadership roles, analysis and the benefit of these qualities in sport and everyday life.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Aesthetics (Dance/Gymnastics)</p> <p>Knowledge: Develop knowledge and understanding of techniques and concepts.</p> <p>Develop knowledge of healthy participation.</p> <p>Develop understanding of regulations and rules to ensure safety, and how to apply them in the role of performer, coach and official.</p> <p>Develop knowledge of leadership roles, analysis and the benefit of these qualities in sport and everyday life.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Fitness</p> <p>Knowledge: Develop knowledge and understanding of safe techniques and personal fitness training concepts.</p> <p>Develop knowledge of components of fitness, fitness testing and training methods.</p> <p>Develop understanding of regulations and rules associated with fitness training and testing, and how to apply them in the role of performer and coach.</p> <p>Develop knowledge of leadership roles, analysis and the benefit of these qualities in sport and everyday life.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Games for understanding (net)</p> <p>Knowledge: Develop knowledge and understanding of techniques, concepts, tactics, and game play in a net game.</p> <p>Develop knowledge of healthy participation.</p> <p>Develop understanding of regulations and rules in a net game, and how to apply them in the role of performer, coach and official.</p> <p>Develop knowledge of leadership roles, analysis and the benefit of these qualities in sport and everyday life.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Striking and Fielding</p> <p>Skills:</p> <p>Knowledge: Develop knowledge and understanding of techniques, concepts, tactics, and game play in a striking and fielding activity.</p> <p>Develop knowledge of healthy participation.</p> <p>Develop understanding of regulations and rules in a striking and fielding game, and how to apply them in the role of performer, coach and official.</p> <p>Develop knowledge of leadership roles, analysis and the benefit of these qualities in sport and everyday life.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Alternative/Inclusive Sports</p> <p>Knowledge: Develop knowledge and understanding of techniques, concepts, tactics, and game play.</p> <p>Develop knowledge of healthy participation.</p> <p>Develop understanding of regulations and rules in an alternative sport, and how to apply them in the role of performer, coach and official.</p> <p>Develop knowledge of leadership roles, analysis and the benefit of these qualities in sport and everyday life.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>
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TOPIC: Games for understanding (invasion)

Knowledge:

Develop knowledge and understanding of techniques, concepts, tactics, and game play in an invasion game.

Develop knowledge of healthy participation.

Develop understanding of regulations and rules in an invasion game, and how to apply them in the role of performer, coach and official.

Develop knowledge of leadership roles, analysis and the benefit of these qualities in sport and everyday life.

Skills:

- Developing performance of skills and techniques
- Application of rules, tactics and strategies
- Evaluating health and fitness
- Communication and team work
- Resilience
- Problem solving
- Feedback and performance analysis
- Leadership and coaching

TOPIC: Aesthetics (Dance/Gymnastics)

Knowledge:

Develop knowledge and understanding of techniques and concepts.

Develop knowledge of healthy participation.

Develop understanding of regulations and rules to ensure safety, and how to apply them in the role of performer, coach and official.

Develop knowledge of leadership roles, analysis and the benefit of these qualities in sport and everyday life.

Skills:

- Developing performance of skills and techniques
- Application of rules, tactics and strategies
- Evaluating health and fitness
- Communication and team work
- Resilience
- Problem solving
- Feedback and performance analysis
- Leadership and coaching

TOPIC: Fitness

Knowledge:

Develop knowledge and understanding of safe techniques and personal fitness training concepts.

Develop knowledge of components of fitness, fitness testing and training methods.

Develop understanding of regulations and rules associated with fitness training and testing, and how to apply them in the role of performer and coach.

Develop knowledge of leadership roles, analysis and the benefit of these qualities in sport and everyday life.

Skills:

- Developing performance of skills and techniques
- Application of rules, tactics and strategies
- Evaluating health and fitness
- Communication and team work
- Resilience
- Problem solving
- Feedback and performance analysis
- Leadership and coaching

TOPIC: Games for understanding (net)

Knowledge:

Develop knowledge and understanding of techniques, concepts, tactics, and game play in a net game.

Develop knowledge of healthy participation.

Develop understanding of regulations and rules in a net game, and how to apply them in the role of performer, coach and official.

Develop knowledge of leadership roles, analysis and the benefit of these qualities in sport and everyday life.

Skills:

- Developing performance of skills and techniques
- Application of rules, tactics and strategies
- Evaluating health and fitness
- Communication and team work
- Resilience
- Problem solving
- Feedback and performance analysis
- Leadership and coaching

TOPIC: Striking and Fielding

Skills:

Knowledge:

Develop knowledge and understanding of techniques, concepts, tactics, and game play in a striking and fielding activity.

Develop knowledge of healthy participation.

Develop understanding of regulations and rules in a striking and fielding game, and how to apply them in the role of performer, coach and official.

Develop knowledge of leadership roles, analysis and the benefit of these qualities in sport and everyday life.

Skills:

- Developing performance of skills and techniques
- Application of rules, tactics and strategies
- Evaluating health and fitness
- Communication and team work
- Resilience
- Problem solving
- Feedback and performance analysis
- Leadership and coaching

TOPIC: Alternative/Inclusive Sports

Knowledge:

Develop knowledge and understanding of techniques, concepts, tactics, and game play.

Develop knowledge of healthy participation.

Develop understanding of regulations and rules in an alternative sport, and how to apply them in the role of performer, coach and official.

Develop knowledge of leadership roles, analysis and the benefit of these qualities in sport and everyday life.

Skills:

- Developing performance of skills and techniques
- Application of rules, tactics and strategies
- Evaluating health and fitness
- Communication and team work
- Resilience
- Problem solving
- Feedback and performance analysis
- Leadership and coaching