





Summer 1	Assessment		Concept						
	Heart Assessment	Motivation	<b>Motivation</b>						
1			Intrinsic and Extrinsic Motivation	Athletics	Ultimate/Dance	Rounders	Tennis	Cricket	
2	Self Assessment by end of half term			Athletics	Ultimate/Dance	Rounders	Tennis	Cricket	
3				Athletics	Ultimate/Dance	Rounders	Tennis	Cricket	
4			Setting Goals	Ultimate/Dance	Rounders	Cricket	Athletics	Tennis	
5				Ultimate/Dance	Rounders	Cricket	Athletics	Tennis	
6				Ultimate/Dance	Rounders	Cricket	Athletics	Tennis	
				<b>Self assessment via Microsoft forms set on Go 4 schools. Upload data on to Go 4 schools.</b>					
Summer 2									
1	Heart Assessment		Motivation	Celebrate Progress	Rounders	Cricket	Tennis	Ultimate	Athletics
2					Rounders	Cricket	Tennis	Ultimate	Athletics
3	Teacher Assessment by end of term				Tennis	Athletics	Ultimate	Cricket	Rounders
4				Persistence and Determination	Tennis	Athletics	Ultimate	Cricket	Rounders
5		Cricket			Tennis	Athletics	Rounders	Ultimate	
6		Cricket			Tennis	Athletics	Rounders	Ultimate	
			<b>Teacher Assessment completed. Upload data onto Go 4 schools</b>						





Summer 1	Assessment		Concept					
1	Heart Assessment	Intra Personal Skills	Behaviour	Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
2	Self Assessment by end of half term			Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
3				Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
4			Patience	Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
5				Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
6	Ultimate/Dance			Rounders	Cricket	Athletics	Tennis	
				<b>Self assessment via Microsoft forms set on Go 4 schools. Upload data on to Go 4 schools.</b>				
Summer 2								
1	Heart Assessment		Adaptability	Rounders	Cricket	Tennis	Ultimate	Athletics
2	Teacher Assessment by end of term			Rounders	Cricket	Tennis	Ultimate	Athletics
3				Tennis	Athletics	Ultimate	Cricket	Rounders
4			Coping with Pressure	Tennis	Athletics	Ultimate	Cricket	Rounders
5				Cricket	Tennis	Athletics	Rounders	Ultimate
6	Cricket			Tennis	Athletics	Rounders	Ultimate	
				<b>Teacher Assessment completed. Upload data onto Go 4 schools</b>				



Spring 1	Assessment		Concept						
	Hands Assessment	Problem Solving		<b>Group A</b>	<b>Group B</b>	<b>Group C</b>	<b>Group D</b>	<b>Group E</b>	
1			Collaboration	Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics	
2	Self Assessment by end of half term			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics	
3				Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics	
4			Planning	Rugby	Handball	Basketball	Rugby	Fitness/Dance	
5				Rugby	Handball	Basketball	Rugby	Fitness/Dance	
6				Rugby	Handball	Basketball	Rugby	Fitness/Dance	
				<b>Self assessment via Microsoft forms set on Go 4 schools. Upload data on to Go 4 schools.</b>					
Spring 2									
1	Hands Assessment			Decision Making	Handball	Basketball	Rugby	Fitness/Dance	Rugby
2					Handball	Basketball	Rugby	Fitness/Dance	Rugby
3	Teacher Assessment by end of term				Handball	Basketball	Rugby	Fitness/Dance	Rugby
4			Reflection	Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball	
5			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball		
6			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball		
			<b>Teacher Assessment completed. Upload data onto Go 4 schools</b>						



Summer 1	Assessment		Concept						
1	Heart Assessment	Power of Positivity	Fixed & Growth Mindset	Athletics	Ultimate/Dance	Rounders	Tennis	Cricket	
2	Self Assessment by end of half term			Athletics	Ultimate/Dance	Rounders	Tennis	Cricket	
3				Athletics	Ultimate/Dance	Rounders	Tennis	Cricket	
4			Look for Positives and Spread Positivity	Ultimate/Dance	Rounders	Cricket	Athletics	Tennis	
5				Ultimate/Dance	Rounders	Cricket	Athletics	Tennis	
6				Ultimate/Dance	Rounders	Cricket	Athletics	Tennis	
				<b>Self assessment via Microsoft forms set on Go 4 schools. Upload data on to Go 4 schools.</b>					
Summer 2									
1	Heart Assessment		Power of Positivity	Perspective	Rounders	Cricket	Tennis	Ultimate	Athletics
2	Teacher Assessment by end of term				Rounders	Cricket	Tennis	Ultimate	Athletics
3					Tennis	Athletics	Ultimate	Cricket	Rounders
4				Handle Criticism	Tennis	Athletics	Ultimate	Cricket	Rounders
5	Cricket	Tennis			Athletics	Rounders	Ultimate		
6	Cricket	Tennis			Athletics	Rounders	Ultimate		
		<b>Teacher Assessment completed. Upload data onto Go 4 schools</b>							



Spring 1		Concept					
1	<b>Effective Teams</b>	Roles	Fitness – Studio You	Football	Netball/Handball	Basketball	Dance/Dodgeball
2			Fitness – Studio You	Football	Netball/Handball	Basketball	Dance/ Dodgeball
3			Football	Netball/Handball	Basketball	Dance/Dodgeball	Fitness – Studio You
4			Football	Netball/Handball	Basketball	Dance/ Dodgeball	Fitness – Studio You
5		Embracing Collaboration	Netball/Handball	Basketball	Dance/Dodgeball	Fitness – Studio You	Football
6			Netball/Handball	Basketball	Dance/ Dodgeball	Fitness – Studio You	Football
Spring 2							
1			Basketball	Dance/Dodgeball	Fitness – Studio You	Football	Netball/Handball
2			Basketball	Dance/ Dodgeball	Fitness – Studio You	Football	Netball/Handball
3		Conflict Resolution	Competition BB	Competition HB	Competition IG	Competition NB	Competition IG
4			Competition HB	Competition IG	Competition NB	Competition IG	Competition BB
5			Competition IG	Competition NB	Competition IG	Competition BB	Competition HB
6	Competition NB		Competition IG	Competition BB	Competition HB	Competition IG	

Summer 1		Concept					
1	<b>Attitude &amp; Behaviour</b>	Attitude & Behaviour	Athletics	Ultimate	Rounders	Cricket	Tennis
2			Athletics	Ultimate	Rounders	Cricket	Tennis
3			Ultimate	Rounders	Cricket	Tennis	Softball
4			Ultimate	Rounders	Cricket	Tennis	Softball
5		Honesty	Rounders	Cricket	Tennis	Softball	Athletics
6			Rounders	Cricket	Tennis	Softball	Athletics
Summer 2							
1			Cricket	Tennis	Softball	Athletics	Ultimate
2		Cricket	Tennis	Softball	Athletics	Ultimate	
3		Positivity	Tennis	Softball	Athletics	Ultimate	Rounders
4			Tennis	Softball	Athletics	Ultimate	Rounders
5			Softball	Athletics	Ultimate	Rounders	Cricket
6	Softball		Athletics	Ultimate	Rounders	Cricket	

**Year 11 - Year 11 Set – Being Active For Life**

Autumn 1	<b>Health &amp; Well Being</b>	<b>Concept</b>					
		Option 1	<b>Group A</b>	<b>Group B</b>	<b>Group C</b>	<b>Group D</b>	<b>Group E</b>
1		Health & Fitness	Rugby	Netball	Badminton	Handball	Fitness
2			Rugby	Netball	Badminton	Handball	Fitness
3			Netball	Badminton	Handball	Fitness	Rugby
4			Netball	Badminton	Handball	Fitness	Rugby
5		Activity & Social & Mental Health	Badminton	Handball	Fitness	Rugby	Netball
6			Badminton	Handball	Fitness	Rugby	Netball
Autumn 2							
1			Handball	Fitness	Rugby	Netball	Handball
2		Handball	Fitness	Rugby	Netball	Handball	
3		Short & Long Term Effects of Exercise	Fitness	Rugby	Netball	Badminton	Fitness
4			Fitness	Rugby	Netball	Badminton	Fitness
5			Dance/Dodgeball	Fitness – Studio You	Football	Netball/Handball	Basketball
6			Dance/ Dodgeball	Fitness – Studio You	Football	Netball/Handball	Basketball

Spring 1		Concept					
1	Engagement Post 16	Competition	Fitness – Studio You	Football	Netball/Handball	Basketball	Dance/Dodgeball
2			Fitness – Studio You	Football	Netball/Handball	Basketball	Dance/ Dodgeball
3			Football	Netball/Handball	Basketball	Dance/Dodgeball	Fitness – Studio You
4		Personal Fitness	Football	Netball/Handball	Basketball	Dance/ Dodgeball	Fitness – Studio You
5			Netball/Handball	Basketball	Dance/Dodgeball	Fitness – Studio You	Football
6			Netball/Handball	Basketball	Dance/ Dodgeball	Fitness – Studio You	Football
Spring 2							
1			Basketball	Dance/Dodgeball	Fitness – Studio You	Football	Netball/Handball
2			Basketball	Dance/ Dodgeball	Fitness – Studio You	Football	Netball/Handball
3		Maintaining health	Competition BB	Competition HB	Competition IG	Competition NB	Competition IG
4			Competition HB	Competition IG	Competition NB	Competition IG	Competition BB
5			Competition IG	Competition NB	Competition IG	Competition BB	Competition HB
6			Competition NB	Competition IG	Competition BB	Competition HB	Competition IG

Summer 1		Concept					
1	<b>Remaining Active</b>	Habits	Athletics	Ultimate	Rounders	Cricket	Tennis
2			Athletics	Ultimate	Rounders	Cricket	Tennis
3		Attitude and Motivators	Ultimate	Rounders	Cricket	Tennis	Softball
4			Ultimate	Rounders	Cricket	Tennis	Softball
5		Positive Approaches to physical activity	Rounders	Cricket	Tennis	Softball	Athletics
6			Rounders	Cricket	Tennis	Softball	Athletics
Summer 2							
1	<b>The journey Continues .....</b>						
2							
3							
4							
5							
6							

## **Year 7**

Football / Rugby / Handball / Netball / Basketball / Ultimate / Dodgeball

Badminton / Tennis / Volleyball

Gymnastics / Dance

Fitness

Rounders / Cricket / Softball

Athletics

**Things to do...**



- Simplify SOW
- Change SoW front page
- 5 minute lesson map p.97
- Applying the model to the curriculum example p. 78

Concept-driven lesson planning

Finding 'teachable moments' of the concept in transfer of learning