Year 7 - Year 7 mixed – Exploring Physical Literacy

Assessment		Concept												
Head Assessment		Movement Competence	Group A	Group B	Group C	Group D	Group E							
Self		Competence	Football	Netball	Badminton	Gymnastics	Fitness/Dance							
Assessed – by end of			Football	Netball	Badminton	Gymnastics	Fitness/Dance							
half term	e		Football	Netball	Badminton	Gymnastics	Fitness/Dance							
		Practice	Netball	Badminton	Gymnastics	Fitness/Dance	Football							
	tenc		Netball	Badminton	Gymnastics	Fitness/Dance	Football							
	mpe		Netball	Badminton	Gymnastics	Fitness/Dance	Football							
	int Co		Self-asse	essment via Microsoft fo	orms set on Go 4 schoo	ols. Upload data on t	o Go 4 schools.							
	me													
Head Assessment	lovei	Providing and acting on	Badminton	Gymnastics	Fitness/Dance	Football	Netball							
Teacher	2	feedback	Badminton	Gymnastics	Fitness/Dance	Football	Netball							
Assessed – by end of										Badminton	Gymnastics	Fitness/Dance	Football	Netball
term		Performance	Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball							
			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball							
			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball							
				Teacher Assessme	nt completed. Upload	data onto Go 4 schoo	ols							
	Head Assessment Self Assessed – by end of half term Head Assessment Teacher Assessed – by end of	Head Assessment Self Assessed – by end of half term Head Assessment Head Assessment Teacher Assessed – by end of	Head AssessmentMovement CompetenceSelf Assessed by end of half termCompetenceSuppose Dy end of half termPracticeSuppose Dy end of half termPracticeSuppose Dy end of half termPracticeSuppose Dy end of half termPracticeSuppose Dy end of half termProviding and acting on feedbackHead Assessed by end ofProviding and acting on feedback	Head Movement Group A Self Assessed- Football Assessed- Football Football by end of Football Football half term Practice Netball Vertice Netball Netball Netball Netball Netball Netball Netball Self-Assessed- Netball Netball Netball Netball Netball Self-Assessed- Providing and acting on feedback Badminton Badminton Performance Gymnastics Gymnastics	Head Assessment Movement Competence Group A Group B Self Assessed - by end of half term Netball Netball Practice Netball Netball Practice Netball Badminton Netball Badminton Netball Practice Netball Badminton Netball Badminton Netball Providing and Assessment Badminton Self-assessment Providing and Assessed - by end of term Badminton Gymnastics Performance Gymnastics Gymnastics Performance Gymnastics Fitness/Dance Gymnastics Fitness/Dance Gymnastics	Head Assessment Novement Competence Group A Group B Group C Self Assessed by end of half term Competence Football Netball Badminton Providing and Assessment Practice Netball Badminton Gymnastics Providing and acting on by end of half term Providing and acting on feedback Badminton Gymnastics Gymnastics Badminton Self-assessed- by end of term Providing and acting on feedback Badminton Gymnastics Fitness/Dance Performance Gymnastics Badminton Gymnastics Fitness/Dance Performance Gymnastics Fitness/Dance Fitness/Dance Football Badminton Gymnastics Fitness/Dance Football Fitness/Dance	Head Assessment Self Assessed - by end of half term Netball Group A Group B Group C Group D Year Football Netball Badminton Gymnastics Year Football Netball Badminton Gymnastics Protice Football Netball Badminton Gymnastics Practice Netball Badminton Gymnastics Fitness/Dance Netball Badminton Gymnastics Fitness/Dance Football Head Assessed - by end of term Providing and acting on feedback Badminton Gymnastics Fitness/Dance Football Performance Gymnastics Fitness/Dance Football Netball Badminton							

Spring 1	Assessment		Concept							
	Hands		Confidence	Group A	Group B	Group C	Group D	Group E		
1	<mark>Assessment</mark>		Confidence	Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics		
2	Self Assessment			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics		
3	by end of half term			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics		
4			Attitude	Rugby	Handball	Basketball	Rugby	Fitness/Dance		
5	_			Rugby	Handball	Basketball	Rugby	Fitness/Dance		
6		e		Rugby	Handball	Basketball	Rugby	Fitness/Dance		
		Confidence		Self asses	ssment via Microsoft	forms set on Go 4 schoo	ols. Upload data on to	Go 4 schools.		
Spring 2		uo								
1	Hands Assessment	0	Failure	Handball	Basketball	Rugby	Fitness/Dance	Rugby		
2	Teacher			Handball	Basketball	Rugby	Fitness/Dance	Rugby		
3	Assessment by end of		Growth Mindset		Growth	Handball	Basketball	Rugby	Fitness/Dance	Rugby
4	term						Basketball	Rugby	Fitness/Dance	Invasion Games Handball?
5				Mindset		Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
6				Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball		
					Teacher Assessm	ent completed. Upload	data onto Go 4 schools			

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

Year 8 - Year 8 Set – Exploring Personal Development

Autumn 1	Assessment		Concept					
	Head		Communication	Group A	Group B	Group C	Group D	Group E
1	Assessment		Verbal & Non- Verbal	Football	Netball	Badminton	Gymnastics	Fitness/Dance
2	Self Assessed – by end of	tion	Communication	Football	Netball	Badminton	Gymnastics	Fitness/Dance
3	half term	inica		Football	Netball	Badminton	Gymnastics	Fitness/Dance
4	-	Communication	Conflict Resolution	Netball	Badminton	Gymnastics	Fitness/Dance	Football
5	-	S		Netball	Badminton	Gymnastics	Fitness/Dance	Football
6	-			Netball	Badminton	Gymnastics	Fitness/Dance	Football
				Self ass	essment via Microsoft f	forms set on Go 4 schoo	ls. Upload data on t	o Go 4 schools.
Autumn 2								
1	Head Assessment		Asking Questions	Badminton	Gymnastics	Fitness/Dance	Football	Netball
2	Teacher			Badminton	Gymnastics	Fitness/Dance	Football	Netball
3	Assessed – by end of term			Badminton	Gymnastics	Fitness/Dance	Football	Netball
4			Providing & Receiving	Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
5			Feedback	Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
6	-			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
					Teacher Assessme	ent completed. Upload	data onto Go 4 schoo	ls

Spring 1	Assessment		Concept					
	Hands			Group A	Group B	Group C	Group D	Group E
1	Assessment		Resilience & Persistence	Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
2	Self Assessment	e		Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
3	by end of half term	Resilience		Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
4	_	Resi	Embracing Failure	Rugby	Handball	Basketball	Rugby	Fitness/Dance
5	_			Rugby	Handball	Basketball	Rugby	Fitness/Dance
6	_			Rugby	Handball	Basketball	Rugby	Fitness/Dance
				Self asse	ssment via Microsoft	t forms set on Go 4 schoo	s. Upload data on to	Go 4 schools.
Spring 2								
1	Hands Assessment		Be Proactive	Handball	Basketball	Rugby	Fitness/Dance	Rugby
2	Teacher			Handball	Basketball	Rugby	Fitness/Dance	Rugby
3	Assessment by end of			Handball	Basketball	Rugby	Fitness/Dance	Rugby
4	term		Growth Mindset	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
					Teacher Assessn	nent completed. Upload d	ata onto Go 4 schools	

Summer 1	Assessment		Concept					
1	Heart Assessment		Behaviour	Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
2	Self	Skills		Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
3	Assessment by end of half			Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
4	term	Personal	Patience	Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
5		Intra		Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
6		-		Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
				Self asses	sment via Microsoft fo	orms set on Go 4 sch	ools. Upload data on	ı to Go 4 schools.
Summer 2								
1	Heart Assessment		Adaptability	Rounders	Cricket	Tennis	Ultimate	Athletics
2	Teacher		-	Rounders	Cricket	Tennis	Ultimate	Athletics
3	Assessment by end of			Tennis	Athletics	Ultimate	Cricket	Rounders
4	term		Coping with Pressure	Tennis	Athletics	Ultimate	Cricket	Rounders
5				Cricket	Tennis	Athletics	Rounders	Ultimate
6				Cricket	Tennis	Athletics	Rounders	Ultimate
					Teacher Assessmer	nt completed. Uploa	d data onto Go 4 sch	ools

Year 9 - Year 9 Set – Exploring Character Development

Autumn 1	Assessment		Concept								
	Head Assessment		Sporting Values	Group A	Group B	Group C	Group D	Group E			
1	Self		Respect	Football	Netball	Badminton	Gymnastics	Fitness/Dance			
2	Assessed – by end of			Football	Netball	Badminton	Gymnastics	Fitness/Dance			
3	half term			Football	Netball	Badminton	Gymnastics	Fitness/Dance			
4			Etiquette	Netball	Badminton	Gymnastics	Fitness/Dance	Football			
5				Netball	Badminton	Gymnastics	Fitness/Dance	Football			
6		Sporting Values		Netball	Badminton	Gymnastics	Fitness/Dance	Football			
		V gu		Self asses	ssment via Microsoft for	ms set on Go 4 schools.	Upload data on to Go	4 schools.			
Autumn 2		porti									
1	Head Assessment	S	Fair Play	Badminton	Gymnastics	Fitness/Dance	Football	Netball			
2	Teacher			Badminton	Gymnastics	Fitness/Dance	Football	Netball			
3	Assessed – by end of			Badminton	Gymnastics	Fitness/Dance	Football	Netball			
4	<mark>term</mark>		Determination & Courage	Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball			
5				Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball			
6	1			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball			
				Teacher Assessment completed. Upload data onto Go 4 schools							

Spring 1	Assessment		Concept					
	Hands			Group A	Group B	Group C	Group D	Group E
1	Assessment		Collaboration	Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
2	Self Assessment			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
3	by end of half term			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
4			Planning	Rugby	Handball	Basketball	Rugby	Fitness/Dance
5				Rugby	Handball	Basketball	Rugby	Fitness/Dance
6		Problem Solving		Rugby	Handball	Basketball	Rugby	Fitness/Dance
		im Sc		Self asse	essment via Microsof	t forms set on Go 4 school	s. Upload data on to Go	4 schools.
Spring 2		ble					•	
1	Hands Assessment	Pro	Decision Making	Handball	Basketball	Rugby	Fitness/Dance	Rugby
2	Teacher		Ŭ	Handball	Basketball	Rugby	Fitness/Dance	Rugby
3	Assessment by end of			Handball	Basketball	Rugby	Fitness/Dance	Rugby
4	term		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
					Teacher Assessr	nent completed. Upload d		

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

Year 10 - Year 10 Set – Exploring Leadership

Autumn		Concept					
1		Option 1	Group A	Group B	Group C	Group D	Group E
1		Employability	Rugby	Netball	Badminton	Handball	Fitness
2			Rugby	Netball	Badminton	Handball	Fitness
3			Netball	Badminton	Handball	Fitness	Rugby
4			Netball	Badminton	Handball	Fitness	Rugby
5	lal	Managing Time	Badminton	Handball	Fitness	Rugby	Netball
6	otent		Badminton	Handball	Fitness	Rugby	Netball
Autumn 2	Fulfilling Potential						
1	illijir		Handball	Fitness	Rugby	Netball	Handball
2	Ъ		Handball	Fitness	Rugby	Netball	Handball
3		Team Work & Communication	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		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	S	Embracing Collaboration	Netball/Handball	Basketball	Dance/Dodgeball	Fitness – Studio You	Football
6	Teams		Netball/Handball	Basketball	Dance/ Dodgeball	Fitness – Studio You	Football
Spring 2							
L	Effective		Basketball	Dance/Dodgeball	Fitness – Studio You	Football	Netball/Handball
2	Eff		Basketball	Dance/ Dodgeball	Fitness – Studio You	Football	Netball/Handball
3		Conflict Resolution	Competition BB	Competition HB	Competition IG	Competition NB	Competition IG
1			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 Attitude &	Athletics	Ultimate	Rounders	Cricket	Tennis
		Behaviour					
2			Athletics	Ultimate	Rounders	Cricket	Tennis
3			Ultimate	Rounders	Cricket	Tennis	Softball
4			Ultimate	Rounders	Cricket	Tennis	Softball
5	our	Honesty	Rounders	Cricket	Tennis	Softball	Athletics
6	Behaviour		Rounders	Cricket	Tennis	Softball	Athletics
Summer 2	& Be						
1	Attitude		Cricket	Tennis	Softball	Athletics	Ultimate
2	Attit		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		Concept					
1	Health & Well Being	Option 1	Group A	Group B	Group C	Group D	Group E
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		Competition	Fitness – Studio You	Football	Netball/Handball	Basketball	Dance/Dodgeball
2	Engagement Post 16		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	ner						
1	agei		Basketball	Dance/Dodgeball	Fitness – Studio You	Football	Netball/Handball
2	Eng		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

		Concert					
Summer 1		Concept					
1		Habits	Athletics	Ultimate	Rounders	Cricket	Tennis
2			Athletics	Ultimate	Rounders	Cricket	Tennis
3	Active	Attitude and Motivators	Ultimate	Rounders	Cricket	Tennis	Softball
4	Jg Ac		Ultimate	Rounders	Cricket	Tennis	Softball
5	Remaining	Positive Approaches	Rounders	Cricket	Tennis	Softball	Athletics
6	Ren	to physical activity	Rounders	Cricket	Tennis	Softball	Athletics
Summer 2							
1							
2	nues						
3	Continues						
4							
5	journey						
6	The						

<u>Year 7</u>

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

Badminton / Tennis / Volleyball

<mark>Gymnastics</mark> / <mark>Dance</mark>

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