





Summer 1	Assessment		Concept					
	<b>Teacher Assessment completed at the end of the term on 2 strands.</b> <b>1. Concepts &amp; ATL</b> <b>2. Practical</b>	<b>Motivation</b>	<b>Motivation</b>					
1			Setting Goals	Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
2				Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
3				Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
4				Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
5				Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
6				Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
Summer 2								
1			Persistence and Determination	Rounders	Cricket	Tennis	Ultimate	Athletics
2				Rounders	Cricket	Tennis	Ultimate	Athletics
3				Tennis	Athletics	Ultimate	Cricket	Rounders
4				Tennis	Athletics	Ultimate	Cricket	Rounders
5				Cricket	Tennis	Athletics	Rounders	Ultimate
6				Cricket	Tennis	Athletics	Rounders	Ultimate
				<b>Teacher Assessment completed x2 Upload data onto Go 4 schools</b> <ul style="list-style-type: none"> <li>• Concept &amp; ATL</li> <li>• Practical</li> </ul>				





Summer 1	Assessment		Concept						
1	<b>Teacher Assessment completed at the end of the term on 2 strands.</b> <b>1. Concepts &amp; ATL</b> <b>2. Practical</b>	<b>Intra Personal Skills</b>	<b>Patience</b>	Athletics	Ultimate/Dance	Rounders	Tennis	Cricket	
2				Athletics	Ultimate/Dance	Rounders	Tennis	Cricket	
3				Athletics	Ultimate/Dance	Rounders	Tennis	Cricket	
4				Ultimate/Dance	Rounders	Cricket	Athletics	Tennis	
5				Ultimate/Dance	Rounders	Cricket	Athletics	Tennis	
6				Ultimate/Dance	Rounders	Cricket	Athletics	Tennis	
Summer 2									
1			<b>Coping with Pressure</b>	Rounders	Cricket	Tennis	Ultimate	Athletics	
2				Rounders	Cricket	Tennis	Ultimate	Athletics	
3				Tennis	Athletics	Ultimate	Cricket	Rounders	
4				Tennis	Athletics	Ultimate	Cricket	Rounders	
5				Cricket	Tennis	Athletics	Rounders	Ultimate	
6				Cricket	Tennis	Athletics	Rounders	Ultimate	
				<b>Teacher Assessment completed x2 Upload data onto Go 4 schools</b> <ul style="list-style-type: none"> <li>• Concept &amp; ATL</li> <li>• Practical</li> </ul>					







Summer 1	Assessment		Concept						
1	<b>Teacher Assessment completed at the end of the term on 2 strands.</b> 1. Concepts & ATL 2. Practical	<b>Power of Positivity</b>	Look for Positives	Athletics	Ultimate/Dance	Rounders	Tennis	Cricket	
2				Athletics	Ultimate/Dance	Rounders	Tennis	Cricket	
3				Athletics	Ultimate/Dance	Rounders	Tennis	Cricket	
4				Ultimate/Dance	Rounders	Cricket	Athletics	Tennis	
5				Ultimate/Dance	Rounders	Cricket	Athletics	Tennis	
6				Ultimate/Dance	Rounders	Cricket	Athletics	Tennis	
Summer 2									
1			Handle Criticism	Rounders	Cricket	Tennis	Ultimate	Athletics	
2				Rounders	Cricket	Tennis	Ultimate	Athletics	
3				Tennis	Athletics	Ultimate	Cricket	Rounders	
4				Tennis	Athletics	Ultimate	Cricket	Rounders	
5				Cricket	Tennis	Athletics	Rounders	Ultimate	
6				Cricket	Tennis	Athletics	Rounders	Ultimate	
				<b>Teacher Assessment completed x2 Upload data onto Go 4 schools</b> <ul style="list-style-type: none"> <li>• Concept &amp; ATL</li> <li>• Practical</li> </ul>					



Spring 1		Concept							
1	Effective Teams	Embracing Collaboration	Basketball	Invasion Games skills circuit		Handball	Netball	Circuit Training	
2			Basketball	Invasion Games skills circuit		Handball	Netball	Circuit Training	
3			Orienteering	Netball		Pickleball/Short Tennis	Bootcamp	Couch to 5k	
4			Orienteering	Netball		Pickleball/Short Tennis	Bootcamp	Couch to 5k	
5			Pickleball/Short Tennis	Bootcamp		Orienteering	Invasion Skills Circuit	You tube Fitness	
6			Pickleball/Short Tennis	Bootcamp		Orienteering	Invasion Skills Circuit	You tube Fitness	
Spring 2									
1		Effective Teams	Conflict Resolution	Invasion	OAA		Basketball	Tag/Capture Flag	Just Dance
2				Invasion	OAA		Basketball	Tag/Capture Flag	Just Dance
3				Handball	Tag/Capture Flag		Dodge/Benchball	Pickleball	Skipping
4				Handball	Tag/Capture Flag		Dodge/Benchball	Pickleball	Skipping
5				Dodgeball	Pickleball		Invasion	OAA	Fitness Testing
6	Dodgeball			Pickleball		Invasion	OAA	Fitness Testing	

Summer 1		Concept							
1	<b>Attitude &amp; Behaviour</b>	<b>Attitude</b>	Striking & Fielding	Tennis		Striking & Fielding	Athletics	Yoga/Pilates	
2			Striking & Fielding	Tennis		Striking & Fielding	Athletics	Yoga/Pilates	
3			Tennis	Striking & Fielding		Athletics	Ultimate disc golf	Boxercise	
4			Tennis	Striking & Fielding		Athletics	Ultimate disc golf	Boxercise	
5			H.Ball/F.Ball – courts	Ultimate Disc golf		Tennis	Striking & Fielding	Boot Camp	
6			H.Ball/F.Ball – courts	Ultimate Disc golf		Tennis	Striking & Fielding	Boot Camp	
Summer 2									
1		<b>Attitude &amp; Behaviour</b>	<b>Positivity</b>	Ultimate	Athletics		H.Ball/F.Ball - Courts	Tennis	Studio You
2				Ultimate	Athletics		H.Ball/F.Ball - Courts	Tennis	Studio You
3				Athletics	Striking & Fielding		Striking & Fielding	Badminton	10K Challenge
4				Athletics	Striking & Fielding		Striking & Fielding	Badminton	10K Challenge
5				Striking & Fielding	Badminton		Ultimate	Striking & Fielding	Just Dance
6	Striking & Fielding			Badminton		Ultimate	Striking & Fielding	Just Dance	

**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 – Male Competitive</b>	<b>Group B- Male Recreation</b>	<b>Group C – Comp/ Recreation</b>	<b>Group D - Female Competitive</b>	<b>Group E - Female Recreation</b>	<b>Group F - Female Fit 4 Life</b>
1		Health & Fitness	Tennis	Badminton		Fitness	Handball	Fitness Testing
2			Tennis	Badminton		Fitness	Handball	Fitness Testing
3			Football	Handball		Tennis	Badminton	Yoga/Pilates
4			Football	Handball		Tennis	Badminton	Yoga/Pilates
5			Handball/Netball	Basketball		Football	Bench/Dodgeball	Studio You
6			Handball/Netball	Basketball		Football	Bench/Dodgeball	Studio You
Autumn 2								
1		Activity & Social & Mental Health	Rugby	Bench/Dodgeball		Handball/Netball	Basketball	SAQ
2			Rugby	Bench/Dodgeball		Handball/Netball	Basketball	SAQ
3			Badminton	Darts		Rugby	F/Ball/Rugby	Step Aerobics
4			Badminton	Darts		Rugby	F/Ball/Rugby	Step Aerobics
5	Fitness		F/Ball/Rugby		Badminton	Darts	Just Dance	
6	Fitness		F/Ball/Rugby		Badminton	Darts	Just Dance	

Spring 1		Concept							
1	Engagement Post 16	Personal Fitness	Basketball	Invasion Games skills circuit		Handball	Netball	Circuit Training	
2			Basketball	Invasion Games skills circuit		Handball	Netball	Circuit Training	
3			Orienteering	Netball		Pickleball/Short Tennis	Bootcamp	Couch to 5k	
4			Orienteering	Netball		Pickleball/Short Tennis	Bootcamp	Couch to 5k	
5			Pickleball/Short Tennis	Bootcamp		Orienteering	Invasion Skills Circuit	You tube Fitness	
6			Pickleball/Short Tennis	Bootcamp		Orienteering	Invasion Skills Circuit	You tube Fitness	
Spring 2									
1		Engagement Post 16	Maintaining health	Invasion	OAA		Basketball	Tag/Capture Flag	Just Dance
2				Invasion	OAA		Basketball	Tag/Capture Flag	Just Dance
3				Handball	Tag/Capture Flag		Dodge/Benchball	Pickleball	Skipping
4				Handball	Tag/Capture Flag		Dodge/Benchball	Pickleball	Skipping
5				Dodgeball	Pickleball		Invasion	OAA	Fitness Testing
6	Dodgeball			Pickleball		Invasion	OAA	Fitness Testing	

Summer 1		Concept						
1	<b>Remaining Active</b>	Positive Habits towards physical activity	Striking & Fielding	Tennis		Striking & Fielding	Athletics	Yoga/Pilates
2			Striking & Fielding	Tennis		Striking & Fielding	Athletics	Yoga/Pilates
3			Tennis	Striking & Fielding		Athletics	Ultimate disc golf	Boxercise
4			Tennis	Striking & Fielding		Athletics	Ultimate disc golf	Boxercise
5			H.Ball/F.Ball – courts	Ultimate Disc golf		Tennis	Striking & Fielding	Boot Camp
6								
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