Year 7 - Year 7 mixed – Exploring Physical Literacy

Autumn 1	Assessment		Concept					
	, ,		Movement Competence	Group A	Group B	Group C	Group D	Group E
1	term on 2 strands.		Competence	Football	Netball	Badminton	Gymnastics	Fitness/Dance
2				Football	Netball	Badminton	Gymnastics	Fitness/Dance
3				Football	Netball	Badminton	Gymnastics	Fitness/Dance
4	f the t	nce		Netball	Badminton	Gymnastics	Fitness/Dance	Football
5	end o ATL	Movement Competence		Netball	Badminton	Gymnastics	Fitness/Dance	Football
6	eted at the end Concepts & ATL 2. Practical	Com		Netball	Badminton	Gymnastics	Fitness/Dance	Football
Autumn 2	nce Pr	int						
1	completed at the end of the 1. Concepts & ATL 2. Practical	/eme	Providing and acting on	Badminton	Gymnastics	Fitness/Dance	Football	Netball
2		Mo	feedback	Badminton	Gymnastics	Fitness/Dance	Football	Netball
3	Teacher Assessment			Badminton	Gymnastics	Fitness/Dance	Football	Netball
4	. Asse			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
5	acher			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
6	Te Te			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
					Teacher Assessm	ent completed x2 Up Concept 8 Practic	ATL	schools

Spring 1	Assessment		Concept					
			Confidence	Group A	Group B	Group C	Group D	Group E
1	strands.		Attitude	Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics Gymnastics Gymnastics Gymnastics Fitness/Dance Fitness/Dance Fitness/Dance Rugby Rugby Rugby Handball
2	2 stra			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
3	6			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
4	e term			Rugby	Handball	Basketball	Rugby	Fitness/Dance
5	of the			Rugby	Handball	Basketball	Rugby	Fitness/Dance
6	s & AT	nce		Rugby	Handball	Basketball	Rugby	Fitness/Dance
Spring 2	1. Concepts & ATL 2. Practical Confidence	: Pract						
1	iplete 1. Cor 2.	3	Failure	Handball	Basketball	Rugby	Fitness/Dance	Rugby
2				Handball	Basketball	Rugby	Fitness/Dance	Rugby
3	Assessment			Handball	Basketball	Rugby	Fitness/Dance	Rugby
4	Asses			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
5	Teacher			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
6	_ <mark>_</mark>			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
					Teacher Assessi	ment completed x2 Up	oload data onto Go 4 so	chools
				Concept & ATL Practical				

Summer 1	Assessment		Concept					
			Motivation					
1	strands.		Setting Goals	Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
2	<mark>7</mark>			Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
3	uo w			Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
4	he ter			Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
5	d of ti			Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
6	he en s & A ⁻ tical	tion		Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
Summer 2	Teacher Assessment completed at the end of the term on 1. Concepts & ATL 2. Practical	Motivation						
1	nplete 1. Co 2	Σ	Persistence	Rounders	Cricket	Tennis	Ultimate	Athletics
2	nt con		and Determination	Rounders	Cricket	Tennis	Ultimate	Athletics
3	ssmel			Tennis	Athletics	Ultimate	Cricket	Rounders
4	r Asse			Tennis	Athletics	Ultimate	Cricket	Rounders
5	sache <mark>l</mark>			Cricket	Tennis	Athletics	Rounders	Ultimate
6] <mark>=</mark>			Cricket	Tennis	Athletics	Rounders	Ultimate
				Teacher Assessment completed x2 Upload data onto Go 4 schools • Concept & ATL • Practical				

Year 8 - Year 8 Set - Exploring Personal Development

Autumn 1	Asse	essment		Concept					
				Communication	Group A	Group B	Group C	Group D	Group E
1		ands		Verbal & Non- Verbal	Football	Netball	Badminton	Gymnastics	Fitness/Dance
2		ı 2 str		Communication	Football	Netball	Badminton	Gymnastics	Fitness/Dance
3		רח <u>סר</u>			Football	Netball	Badminton	Gymnastics	Fitness/Dance
4		of the term on 2 strands.			Netball	Badminton	Gymnastics	Fitness/Dance	Football
5		end of ATL I	Communication		Netball	Badminton	Gymnastics	Fitness/Dance	Football
6		Teacher Assessment completed at the end 1. Concepts & ATL 2. Practical			Netball	Badminton	Gymnastics	Fitness/Dance	Football
Autumn 2	1	l at cep Pra	5						
1		Sletec Con 2. I	omu	Providing & Receiving Feedback	Badminton	Gymnastics	Fitness/Dance	Football	Netball
2		comp	O	Feedback	Badminton	Gymnastics	Fitness/Dance	Football	Netball
3		ment			Badminton	Gymnastics	Fitness/Dance	Football	Netball
4		Assess			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
5		cher /			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
6		Tea			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
						Teacher Assess	ment completed x2 Up Concept & Practica	ATL	schools

Spring 1	Assessment		Concept					
				Group A	Group B	Group C	Group D	Group E
1	strands.		Resilience	Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
2	<mark>7</mark>			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
3	term on			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
4	of the te			Rugby	Handball	Basketball	Rugby	Fitness/Dance
5	end of t			Rugby	Handball	Basketball	Rugby	Fitness/Dance
6	leted at the end c Concepts & ATL 2. Practical			Rugby	Handball	Basketball	Rugby	Fitness/Dance
Spring 2	l at cep Prac	Se						
1	completed at the 1. Concepts & 2. Practica	Resilience		Handball	Basketball	Rugby	Fitness/Dance	Rugby
2		Re		Handball	Basketball	Rugby	Fitness/Dance	Rugby
3	ment			Handball	Basketball	Rugby	Fitness/Dance	Rugby
4	Assessment			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
5	Teacher A			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
6	Teac			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
					Teacher Assessme	nt completed x2 Uplo		hools
				Concept & ATL Practical				

Summer 1	Assessment		Concept					
1			Patience	Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
2	on 2			Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
3	term term			Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
4	of the			Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
5	end c	ills		Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
6	Teacher Assessment completed at the end of the term on 2 strands. 1. Concepts & ATL 2. Practical	nal Sk		Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
Summer 2	ced and epts acti	Sor						
1	completed at strands. 1. Concepts & 2. Practical	Intra Personal Skills	Coping with Pressure	Rounders	Cricket	Tennis	Ultimate	Athletics
2	ant co	Intra		Rounders	Cricket	Tennis	Ultimate	Athletics
3	essme			Tennis	Athletics	Ultimate	Cricket	Rounders
4	er Asse			Tennis	Athletics	Ultimate	Cricket	Rounders
5	eache			Cricket	Tennis	Athletics	Rounders	Ultimate
6	<mark> -</mark>			Cricket	Tennis	Athletics	Rounders	Ultimate
					Teacher Assessme	ent completed x2 Uplo Concept & A Practical		chools

Year 9 - Year 9 Set - Exploring Character Development

Autumn	Assessment		Concept					
1			Sporting Values	Group A	Group B	Group C	Group D	Group E
1	ands.		Respect	Football	Netball	Badminton	Gymnastics	Fitness/Dance
2	2 stra			Football	Netball	Badminton	Gymnastics	Fitness/Dance
3	m om			Football	Netball	Badminton	Gymnastics	Fitness/Dance
4	he ter			Netball	Badminton	Gymnastics	Fitness/Dance	Football
5	id of t	es		Netball	Badminton	Gymnastics	Fitness/Dance	Football
6	Feacher Assessment completed at the end of the term on 2 strands. 1. Concepts & ATL 2. Practical	Sporting Values		Netball	Badminton	Gymnastics	Fitness/Dance	Football
Autumn 2	ted at the oncepts & 2. Practica	rting						
1	nplet 1. Cc	Spo	Determination	Badminton	Gymnastics	Fitness/Dance	Football	Netball
2	int col			Badminton	Gymnastics	Fitness/Dance	Football	Netball
3	ssme			Badminton	Gymnastics	Fitness/Dance	Football	Netball
4	er Asse			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
5	eache			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
6	_			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
				Teacher Assessment completed x2 Upload data onto Go 4 schools • Concept & ATL • Practical				

Spring 1	Assessment		Concept					
				Group A	Group B	Group C	Group D	Group E
1	strands.		Collaboration	Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
2				Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
3	io uu			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
4	of the term on 2			Rugby	Handball	Basketball	Rugby	Fitness/Dance
5	end of ATL	ing		Rugby	Handball	Basketball	Rugby	Fitness/Dance
6	at the ecepts & ractical	Solv		Rugby	Handball	Basketball	Rugby	Fitness/Dance
Spring 2		L _a						
1	pletec 1. Con 2.	roble	Decision Making	Handball	Basketball	Rugby	Fitness/Dance	Rugby
2	com			Handball	Basketball	Rugby	Fitness/Dance	ss/Dance Rugby ss/Dance Rugby
3	sment			Handball	Basketball	Rugby	Fitness/Dance	Rugby
4	Assess			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
5	Teacher Assessment completed 1. Conc			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
6	Teg			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
				Teacher Assessment completed x2 Upload data onto Go 4 schools • Concept & ATL • Practical				

Summer 1	Assessment		Concept					
1	<mark>. S.</mark>		Look for Positives	Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
2	strands.			Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
3	on 2			Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
4	term			Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
5	of the	≿		Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
6	e end	sitivi		Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
Summer 2	leted at the end of Concepts & ATL 2. Practical	Power of Positivity						
1	Conc 2. F	wer (Handle Criticism	Rounders	Cricket	Tennis	Ultimate	Athletics
2	compl	Ро		Rounders	Cricket	Tennis	Ultimate	Athletics
3	ment			Tennis	Athletics	Ultimate	Cricket	Rounders
4	Teacher Assessment completed at the end of the term on 2 1. Concepts & ATL 2. Practical			Tennis	Athletics	Ultimate	Cricket	Rounders
5	cher /			Cricket	Tennis	Athletics	Rounders	Ultimate
6	Tea			Cricket	Tennis	Athletics	Rounders	Ultimate
				Teacher Assessment completed x2 Upload data onto Go 4 schools • Concept & ATL • Practical				

Year 10 - Year 10 Set – Exploring Leadership

Autumn 1		Concept						
		Option 1	Group A – Male Competitive	Group B- Male Recreation	Group C – Comp/ Rec	Group D - Female Competitive	Group E - Female Recreation	Group F - Female Fit 4 Life
1		Managing Time	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	Fulfilling Potential		Handball/Netball	Basketball		Football	Bench/Dodgeball	Studio You
6	Pot		Handball/Netball	Basketball		Football	Bench/Dodgeball	Studio You
Autumn 2	lling							
1	Fulfi	Team Work &	Rugby	Bench/Dodgeball		Handball/Netball	Basketball	SAQ
2		Communicati on	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		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	S		Pickleball/Short Tennis	Bootcamp	Orienteering	Invasion Skills Circuit	You tube Fitness
6	Teams		Pickleball/Short Tennis	Bootcamp	Orienteering	Invasion Skills Circuit	You tube Fitness
Spring 2	Ve						
1	Effective	Conflict Resolution	Invasion	OAA	Basketball	Tag/Capture Flag	Just Dance
2	ш		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		Concept							
1		Attitude	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	ır		H.Ball/F.Ball – courts	Ultimate Disc golf	Tennis	Striking & Fielding	Boot Camp		
6	Behaviour		H.Ball/F.Ball – courts	Ultimate Disc golf	Tennis	Striking & Fielding	Boot Camp		
Summer 2	& Be								
1	Attitude	Positivity	Ultimate	Athletics	H.Ball/F.Ball - Courts	Tennis	Studio You		
2	Att		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		Concept						
1								
		Option 1	Group A – Male	Group B- Male	Group C –	Group D - Female	Group E - Female	Group F - Female
			Competitive	Recreation	Comp/	Competitive	Recreation	Fit 4 Life
1		Health &	Tennis	Badminton	Recreation	Fitness	Handball	Fitness Testing
1		Fitness	rennis	Dauminion		ritiless	папарац	ritiless resting
2	eing		Tennis	Badminton		Fitness	Handball	Fitness Testing
3			Football	Handball		Tennis	Badminton	Yoga/Pilates
4			Football	Handball		Tennis	Badminton	Yoga/Pilates
5	Well Being		Handball/Netball	Basketball		Football	Bench/Dodgeball	Studio You
6	જ		Handball/Netball	Basketball		Football	Bench/Dodgeball	Studio You
Autumn 2	Health							
1		Activity & Social &	Rugby	Bench/Dodgeball		Handball/Netball	Basketball	SAQ
2		Mental Health	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	: 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	en						
1	Engagement Post	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		Positive Habits towards physical activity	Striking & Fielding	Tennis	Striking & Fielding	Athletics	Yoga/Pilates
2			Striking & Fielding	Tennis	Striking & Fielding	Athletics	Yoga/Pilates
3	ng Active		Tennis	Striking & Fielding	Athletics	Ultimate disc	Boxercise
4			Tennis	Striking & Fielding	Athletics	Ultimate disc	Boxercise
5	Remaining		H.Ball/F.Ball – courts	Ultimate Disc	Tennis	Striking & Fielding	Boot Camp
6	Re						
Summer 2							
1							
2	unes						
3	Continues						
4							
5	journey						
6	The						

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