Year 7 - Year 7 mixed - Exploring Physical Literacy

Assessment		Concept						
<u>vi</u>		Movement Competence	Group A	Group B	Group C	Group D	Group E	
trand		Competence	Football	Netball	Badminton	Gymnastics	Fitness/Dance	
2			Football	Netball	Badminton	Gymnastics	Fitness/Dance	
erm o			Football	Netball	Badminton	Gymnastics	Fitness/Dance	
the	nce		Netball	Badminton	Gymnastics	Fitness/Dance	Football	
end o	pete		Netball	Badminton	Gymnastics	Fitness/Dance	Football	
at the epts & actica	Com	Coa	Netball	Badminton	Gymnastics	Fitness/Dance	Football	
ed a	int							
nplete 1. Co	/eme	Providing and acting on feedback	Badminton	Gymnastics	Fitness/Dance	Football	Netball	
	δ		Badminton	Gymnastics	Fitness/Dance	Football	Netball	
ssmer			Badminton	Gymnastics	Fitness/Dance	Football	Netball	
Asseg			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball	
acher			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball	
Tea			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball	
			Teacher Assessment completed x2 Upload data onto Go 4 schools • Concept & ATL • Practical					
	term on 2 strands.	Assessment completed at the end of the term on 2 strands. 1. Concepts & ATL 2. Practical Movement Competence	Assessment completed at the end of the term on 2 strands. 1. Concepts & ATL 2. Practical All Description of the term on 2 strands. And Ambient Competence Combetence of the term on 2 strands. Leading the following properties of the term on 2 strands. And the ferm on 2 strands. Leading the ferm on 2 strands. Leading the ferm on 2 strands. And the ferm on 2 strands.	Movement Competence Competence Football Football Netball Netball Netball Providing and acting on feedback Badminton Badminton Gymnastics Gymnastics Gymnastics	Movement Competence Football Netball	Movement Competence Football Netball Badminton	Movement Competence Football Netball Badminton Gymnastics	

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
2	2 stra			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
3	6			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
4	le terr			Rugby	Handball	Basketball	Rugby	Fitness/Dance
5	d of th			Rugby	Handball	Basketball	Rugby	Fitness/Dance
6	end or ATL	nce		Rugby	Handball	Basketball	Rugby	Fitness/Dance
Spring 2	leted at the e Concepts & / 2. Practical	Confidence						
1	plete 1. Cor 2.	S	Failure	Handball	Basketball	Rugby	Fitness/Dance	Rugby
2	t com			Handball	Basketball	Rugby	Fitness/Dance	Rugby
3	smen			Handball	Basketball	Rugby	Fitness/Dance	Rugby
4	Asses			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
5	Teacher Assessment completed at the end of the term 1. Concepts & ATL 2. Practical			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
6				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					
			Motivation					
1	strands.		Setting Goals	Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
2	2 stra			Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
3	o o			Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
4	e term			Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
5	Teacher Assessment completed at the end of the 1. Concepts & ATL 2. Practical			Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
6	he end s & AT ical	tion		Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
Summer 2	eted at the end Concepts & ATL 2. Practical	Motivation						
1	nplete 1. Co 2.	Ž	Persistence	Rounders	Cricket	Tennis	Ultimate	Athletics
2	nt con		and Determination	Rounders	Cricket	Tennis	Ultimate	Athletics
3	<mark>ssmer</mark>			Tennis	Athletics	Ultimate	Cricket	Rounders
4	r Asse			Tennis	Athletics	Ultimate	Cricket	Rounders
5	sache e			Cricket	Tennis	Athletics	Rounders	Ultimate
6	7 <mark>2</mark>			Cricket	Tennis	Athletics	Rounders	Ultimate
				Teacher Assessment completed x2 Upload data onto Go 4 schools • Concept & ATL • Practical				schools

Year 8 - Year 8 Set - Exploring Personal Development

Autumn 1	Assessment		Concept					
			Communication	Group A	Group B	Group C	Group D	Group E
1	strands.		Verbal & Non- Verbal	Football	Netball	Badminton	Gymnastics	Fitness/Dance
2	7		Communication	Football	Netball	Badminton	Gymnastics	Fitness/Dance
3	uo Luo			Football	Netball	Badminton	Gymnastics	Fitness/Dance
4	of the term			Netball	Badminton	Gymnastics	Fitness/Dance	Football
5		on		Netball	Badminton	Gymnastics	Fitness/Dance	Football
6	Teacher Assessment completed at the end 1. Concepts & ATI 2. Practical	Communication		Netball	Badminton	Gymnastics	Fitness/Dance	Football
Autumn 2	l at cep	뒫						
1	oleteo Con 2. I	omn	Providing & Receiving	Badminton	Gymnastics	Fitness/Dance	Football	Netball
2	comp	3	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 A			Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
6	Teac			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.		Resilience	Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
2	<mark>7</mark>			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
3	- <mark>E</mark>			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
4	of the term			Rugby	Handball	Basketball	Rugby	Fitness/Dance
5				Rugby	Handball	Basketball	Rugby	Fitness/Dance
6	completed at the end 1. Concepts & ATL 2. Practical Resilience			Rugby	Handball	Basketball	Rugby	Fitness/Dance
Spring 2	at cep Prac	Se						
1	Con 2. I	Resilience	Growth Mindset	Handball	Basketball	Rugby	Fitness/Dance	Rugby
2		Res		Handball	Basketball	Rugby	Fitness/Dance	Rugby
3	ment			Handball	Basketball	Rugby	Fitness/Dance	Rugby
4	Teacher Assessment			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
5	cher /			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
6	Tea			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
					Teacher Assessme	nt completed x2 Uplo		hools
						Concept & A	TL	
						• Practical		

Summer 1	Assessment		Concept					
Summer 1	Assessment		Concept					
1			Patience	Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
2	on 2			Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
3	term on			Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
4	end of the			Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
5	ne and a	kills		Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
6	completed at the strands. 1. Concepts & ATL 2. Practical	Z. Practical Intra Personal Skills		Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
Summer 2	pleted at strands. ncepts & . Practica							
1	ompleted at the strands. Concepts & 2. Practical	Per	Coping with Pressure	Rounders	Cricket	Tennis	Ultimate	
2	ent co	Intra		Rounders	Cricket	Tennis	Ultimate	Athletics
3	essme			Tennis	Athletics	Ultimate	Cricket	Rounders
4	er Ass			Tennis	Athletics	Ultimate	Cricket	Rounders
5	Teacher Assessment completed at the strands. 1. Concepts & ATL 2. Practical			Cricket	Tennis	Athletics	Rounders	Ultimate
6				Cricket	Tennis	Athletics	Rounders	Ultimate
				Teacher Assessment completed x2 Upload data onto Go 4 schools • Concept & ATL • Practical				

<u>Year 9 - Year 9 Set – Exploring Character Development</u>

Autumn 1	Assessment		Concept					
			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	uo uu			Football	Netball	Badminton	Gymnastics	Fitness/Dance
4	ihe te			Netball	Badminton	Gymnastics	Fitness/Dance	Football
5	nd of t	es		Netball	Badminton	Gymnastics	Fitness/Dance	Football
6	Teacher 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 e oncepts & 2. Practical	rting						
1	mplet 1. Co	Spo	Determination	Badminton	Gymnastics	Fitness/Dance	Football	Netball
2	int co			Badminton	Gymnastics	Fitness/Dance	Football	Netball
3	ssme			Badminton	Gymnastics	Fitness/Dance	Football	Netball
4	r 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	1 2 str			Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
3	of the term on 2	e u		Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
4	the te			Rugby	Handball	Basketball	Rugby	Fitness/Dance
5	end of t			Rugby	Handball	Basketball	Rugby	Fitness/Dance
6	eted at the er Concepts & A 2. Practical	Solvi		Rugby	Handball	Basketball	Rugby	Fitness/Dance
Spring 2	at Sep Prac	E	E .					
1	. Cond	Problem Solving	Decision Making	Handball	Basketball	Rugby	Fitness/Dance	Rugby
2	comp	۵		Handball	Basketball	Rugby	Fitness/Dance	Rugby
3	ment			Handball	Basketball	Rugby	Fitness/Dance	Rugby
4	Assess			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
5	Teacher Assessment completed at the 1. Concepts & 2. Practica				Basketball	Rugby	Fitness/Dance	Invasion Games Handball?
6	Tea			Basketball	Rugby	Fitness/Dance	Invasion Games Handball?	Handball
				Teacher Assessment completed x2 Upload data onto Go 4 schools • Concept & ATL • Practical				ols

Summer 1	Assessment		Concept					
1	ds.		Look for Positives	Athletics	Ultimate/Dance	Rounders	Tennis	Cricket
2	stran			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	<u>.</u>		Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
6	Teacher Assessment completed at the end of the term on 2 strands. 1. Concepts & ATL 2. Practical	Power of Positivity		Ultimate/Dance	Rounders	Cricket	Athletics	Tennis
Summer 2	pleted at the end 1. Concepts & ATL 2. Practical	of Po						
1	. Conc	wer (Handle Criticism	Rounders	Cricket	Tennis	Ultimate	Athletics
2	comp 1	Ро		Rounders	Cricket	Tennis	Ultimate	Athletics
3	ment			Tennis	Athletics	Ultimate	Cricket	Rounders
4	<mark>ssess</mark>			Tennis	Athletics	Ultimate	Cricket	Rounders
5	cher A			Cricket	Tennis	Athletics	Rounders	Ultimate
6	Tead			Cricket	Tennis	Athletics	Rounders	Ultimate
					Teacher Assessme	ent completed x2 Upload Concept & ATI Practical		ols

<u>Year 10</u> - Year 10 Set – Exploring Leadership

Autumn 1		Concept	ACTIVIT	ES ARE A GUIDE – F	REMEMBER Y	OUR PATHWAY IS FA	ACILITY AND GROU	<mark>P LED</mark>
		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	Potential		Handball/Netball	Basketball		Football	Bench/Dodgeball	Studio You
6			Handball/Netball	Basketball		Football	Bench/Dodgeball	Studio You
Autumn 2	Fulfilling							
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	ACTIVI [*]	TES ARE A GUIDE – REN	MEMBER YOUR PATHWAY IS I	ACILITY AND GROU	P LED
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	10		Pickleball/Short Tennis	Bootcamp	Orienteering	Invasion Skills Circuit	You tube Fitness
6	Effective Teams		Pickleball/Short Tennis	Bootcamp	Orienteering	Invasion Skills Circuit	You tube Fitness
Spring 2	, e						
1	ffecti	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

			ACTIVIT	ES ARE A GUIDE – REMEN	MBER YOUR PATHWAY IS FA	ACILITY AND GROU	<mark>P LED</mark>
Summer 1		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 1		Concept	ACTIVITES ARE A GUIDE – REMEMBER YOUR PATHWAY IS FACILITY AND GROUP LED						
		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		Health & Fitness	Tennis	Badminton		Fitness	Handball	Fitness Testing	
2			Tennis	Badminton		Fitness	Handball	Fitness Testing	
3			Football	Handball		Tennis	Badminton	Yoga/Pilates	
4	Being		Football	Handball		Tennis	Badminton	Yoga/Pilates	
5	Health & Well Being		Handball/Netball	Basketball		Football	Bench/Dodgeball	Studio You	
6	В		Handball/Netball	Basketball		Football	Bench/Dodgeball	Studio You	
Autumn 2	Healt								
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	ACTIVITES ARE A GUIDE – REMEMBER YOUR PATHWAY IS FACILITY AND GROUP LED						
1		Personal Fitness	Basketball	Invasion Games skills circuit		Handball	Netball	Circuit Training	
2			Basketball	Invasion Games skills circuit		Handball	Netball	Circuit Training	
3	16		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	Engagement Post		Pickleball/Short Tennis	Bootcamp		Orienteering	Invasion Skills Circuit	You tube Fitness	
Spring 2	en								
1	gagem	Maintaining health	Invasion	OAA		Basketball	Tag/Capture Flag	Just Dance	
2	Eng		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	

			ACTIVITES ARE A GUIDE – REMEMBER YOUR PATHWAY IS FACILITY AND GROUP LED						
Summer 1		Concept							
1		Positive Habits	Striking & Fielding	Tennis		Striking & Fielding	Athletics	Yoga/Pilates	
2	phy	towards physical activity	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	<u>~</u>								
1									
2	Continues								
3	Conti								
5	journey								
6	e jou								
J	The								