

Year 7 - Year 7 mixed – Exploring Physical Literacy

Autumn 1	Assessment		Concept					
	Teacher Assessment completed at the end of the term on 2 strands. 1. Concepts & ATL 2. Practical	Movement Competence	Movement Competence	Group A	Group B	Group C	Group D	Group E
1			Competence	Football	Netball	Badminton	Gymnastics	Fitness/Dance
2				Football	Netball	Badminton	Gymnastics	Fitness/Dance
3				Football	Netball	Badminton	Gymnastics	Fitness/Dance
4				Netball	Badminton	Gymnastics	Fitness/Dance	Football
5				Netball	Badminton	Gymnastics	Fitness/Dance	Football
6				Netball	Badminton	Gymnastics	Fitness/Dance	Football
Autumn 2								
1			Providing and acting on feedback	Badminton	Gymnastics	Fitness/Dance	Football	Netball
2				Badminton	Gymnastics	Fitness/Dance	Football	Netball
3				Badminton	Gymnastics	Fitness/Dance	Football	Netball
4				Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
5				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 <ul style="list-style-type: none"> • Concept & ATL • Practical 				

Spring 1	Assessment		Concept					
	Teacher Assessment completed at the end of the term on 2 strands. 1. Concepts & ATL 2. Practical	Confidence	Confidence	Group A	Group B	Group C	Group D	Group E
1			Attitude	Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
2				Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
3				Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
4				Rugby	Handball	Basketball	Rugby	Fitness/Dance
5				Rugby	Handball	Basketball	Rugby	Fitness/Dance
6				Rugby	Handball	Basketball	Rugby	Fitness/Dance
Spring 2								
1			Failure	Handball	Basketball	Rugby	Fitness/Dance	Rugby
2				Handball	Basketball	Rugby	Fitness/Dance	Rugby
3				Handball	Basketball	Rugby	Fitness/Dance	Rugby
4				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 Assessment completed x2 Upload data onto Go 4 schools <ul style="list-style-type: none"> Concept & ATL Practical 				

Summer 1	Assessment		Concept					
	Teacher Assessment completed at the end of the term on 2 strands. 1. Concepts & ATL 2. Practical	Motivation	Motivation					
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
				Teacher Assessment completed x2 Upload data onto Go 4 schools • Concept & ATL • Practical				

Year 8 - Year 8 Set – Exploring Personal Development

Autumn 1	Assessment		Concept					
	Teacher Assessment completed at the end of the term on 2 strands: 1. Concepts & ATL 2. Practical	Communication	Communication	Group A	Group B	Group C	Group D	Group E
1			Verbal & Non-Verbal Communication	Football	Netball	Badminton	Gymnastics	Fitness/Dance
2				Football	Netball	Badminton	Gymnastics	Fitness/Dance
3				Football	Netball	Badminton	Gymnastics	Fitness/Dance
4				Netball	Badminton	Gymnastics	Fitness/Dance	Football
5				Netball	Badminton	Gymnastics	Fitness/Dance	Football
6				Netball	Badminton	Gymnastics	Fitness/Dance	Football
Autumn 2								
1			Providing & Receiving Feedback	Badminton	Gymnastics	Fitness/Dance	Football	Netball
2				Badminton	Gymnastics	Fitness/Dance	Football	Netball
3				Badminton	Gymnastics	Fitness/Dance	Football	Netball
4				Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
5				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 <ul style="list-style-type: none"> • Concept & ATL • Practical 				

Spring 1	Assessment		Concept					
	Teacher Assessment completed at the end of the term on 2 strands: 1. Concepts & ATL 2. Practical	Resilience		Group A	Group B	Group C	Group D	Group E
1			Resilience	Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
2				Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
3				Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
4				Rugby	Handball	Basketball	Rugby	Fitness/Dance
5				Rugby	Handball	Basketball	Rugby	Fitness/Dance
6				Rugby	Handball	Basketball	Rugby	Fitness/Dance
Spring 2								
1			Growth Mindset	Handball	Basketball	Rugby	Fitness/Dance	Rugby
2				Handball	Basketball	Rugby	Fitness/Dance	Rugby
3				Handball	Basketball	Rugby	Fitness/Dance	Rugby
4				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 Assessment completed x2 Upload data onto Go 4 schools <ul style="list-style-type: none"> Concept & ATL Practical 				

Summer 1	Assessment		Concept					
1	Teacher Assessment completed at the end of the term on 2 strands. 1. Concepts & ATL 2. Practical	Intra Personal Skills	Patience	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			Coping with Pressure	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
				Teacher Assessment completed x2 Upload data onto Go 4 schools <ul style="list-style-type: none"> • Concept & ATL • Practical 				

Year 9 - Year 9 Set – Exploring Character Development

Autumn 1	Assessment		Concept					
	Teacher Assessment completed at the end of the term on 2 strands. 1. Concepts & ATL 2. Practical	Sporting Values	Sporting Values	Group A	Group B	Group C	Group D	Group E
1			Respect	Football	Netball	Badminton	Gymnastics	Fitness/Dance
2				Football	Netball	Badminton	Gymnastics	Fitness/Dance
3				Football	Netball	Badminton	Gymnastics	Fitness/Dance
4				Netball	Badminton	Gymnastics	Fitness/Dance	Football
5				Netball	Badminton	Gymnastics	Fitness/Dance	Football
6				Netball	Badminton	Gymnastics	Fitness/Dance	Football
Autumn 2								
1			Determination	Badminton	Gymnastics	Fitness/Dance	Football	Netball
2				Badminton	Gymnastics	Fitness/Dance	Football	Netball
3				Badminton	Gymnastics	Fitness/Dance	Football	Netball
4				Gymnastics	Fitness/Dance	Football	Netball	Badminton/B/Ball
5				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				
				<ul style="list-style-type: none"> • Concept & ATL • Practical 				

Spring 1	Assessment		Concept					
	Teacher Assessment completed at the end of the term on 2 strands: 1. Concepts & ATL 2. Practical	Problem Solving		Group A	Group B	Group C	Group D	Group E
1			Collaboration	Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
2				Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
3				Fitness/Dance	Football	Netball	Badminton/B/Ball	Gymnastics
4				Rugby	Handball	Basketball	Rugby	Fitness/Dance
5				Rugby	Handball	Basketball	Rugby	Fitness/Dance
6				Rugby	Handball	Basketball	Rugby	Fitness/Dance
Spring 2								
1			Decision Making	Handball	Basketball	Rugby	Fitness/Dance	Rugby
2				Handball	Basketball	Rugby	Fitness/Dance	Rugby
3				Handball	Basketball	Rugby	Fitness/Dance	Rugby
4				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 Assessment completed x2 Upload data onto Go 4 schools <ul style="list-style-type: none"> • Concept & ATL • Practical 				

Summer 1	Assessment		Concept					
1	Teacher Assessment completed at the end of the term on 2 strands: 1. Concepts & ATL 2. Practical	Power of Positivity	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
				Teacher Assessment completed x2 Upload data onto Go 4 schools				
				<ul style="list-style-type: none"> • Concept & ATL • Practical 				

Year 10 - Year 10 Set – Exploring Leadership

Autumn 1		Concept	ACTIVITIES ARE A GUIDE – REMEMBER YOUR PATHWAY IS FACILITY AND GROUP LED					
	Fulfilling Potential	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			Handball/Netball	Basketball		Football	Bench/Dodgeball	Studio You
6			Handball/Netball	Basketball		Football	Bench/Dodgeball	Studio You
Autumn 2								
1		Team Work & Communication	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	ACTIVITES ARE A GUIDE – REMEMBER YOUR PATHWAY IS FACILITY AND GROUP LED					
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		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	ACTIVITIES ARE A GUIDE – REMEMBER YOUR PATHWAY IS FACILITY AND GROUP LED					
1	Attitude & Behaviour	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			H.Bal/F.Ball – courts	Ultimate Disc golf		Tennis	Striking & Fielding	Boot Camp
6			H.Bal/F.Ball – courts	Ultimate Disc golf		Tennis	Striking & Fielding	Boot Camp
Summer 2								
1		Positivity	Ultimate	Athletics		H.Bal/F.Ball - Courts	Tennis	Studio You
2			Ultimate	Athletics		H.Bal/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	Health & Well Being	Concept	ACTIVITIES 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			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	ACTIVITES ARE A GUIDE – REMEMBER YOUR PATHWAY IS FACILITY AND GROUP LED					
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		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

			ACTIVITES ARE A GUIDE – REMEMBER YOUR PATHWAY IS FACILITY AND GROUP LED					
Summer 1		Concept						
1	Remaining Active	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.Bal/F.Ball – courts	Ultimate Disc golf		Tennis	Striking & Fielding	Boot Camp
6								
Summer 2								
1	The journey Continues							
2								
3								
4								
5								
6								

