

7	Knowledge	Tier 2 vocabulary	Skills	Assessment
Autumn 1	Hockey	Possession, Maintain, Receiving, Width, Block, Weak side.	Grip, Dribbling & Handling. Passing & receiving. Outwitting opponents/use of space, Shooting. Defending/block tackle. Tournament Games.	A2L grade
	Rugby	Touch, Tackle, Width, Backwards pass, Knock-on, High tackle.	Ball familiarisation, Intro passing & receiving/ 2 vs 1, Passing/Use of width, Tackling technique, Attacking/outwitting an opponent, Game situation.	A2L grade
Autumn 2	Gymnastics	Transference of Weight, Body tension, Rotating, Support, Tension.	Locomotion – Partner work, Transference of Weight – Partner, Balance – Individual/ Partner, Balance – Partner, Balance - Group, Performances.	A2L grade
	Badminton	Ready position, Shuttle, Markings, Overhead, Underarm, Service.	Introduce the grip and ready position, Basic underarm service + court lines, Introduce the underarm clear, Introduce the overhead clear & drop shot, Competitive game.	A2L grade
Spring 1	Netball	Handling, Getting free, Well timed, Contact, (GK-GD-C-WA-WD-GA-GS).	Passing & foot work rule, Creating space/ opponents, Attacking play/ dodging, Shooting positions, Defending/positional awareness, Game play tactics.	A2L grade
	Handball	Overarm, Underarm, Side pass, Invade, Fast break, Psychological.	Basic rules and game play, Fundamental Skills, passing and catching, Phases of Play – Phase 1 Fast Break, Phases of Play – Phase 2 Return to defence, Game play rules.	A2L grade
Spring 2	Football	Side foot, Control, Turning, Movement, Placement.	Passing, Dribbling, Pass and move, Intro Shooting, Attack/outwitting an opponent, Defensive/tackling techniques.	A2L grade
	Fitness	Hamstrings, Quadriceps Gastrocnemius, Femur, Tibia, Fibula.	Cooper Run, Continuous Training -FITT Principle, Continuous Training -Introduce heart rate, Circuit Training – Muscles & Bones, Multi-Stage Fitness Test.	A2L grade
Summer 1	Rounders	Bowling, Tactics, Underarm, Overarm, No ball.	Ball familiarisation/ catching, Fielding, Bowling, Batting, Fielding tactics/ strategies to outwit opponents, Game situation.	A2L grade
	Athletics	Sprint start, Phases, Straights, Pacing, Components.	Sprint running technique (100m), Sprint running technique (200m), Sprint running technique (400m), Introduce pace running – 800m, Introduce pace running – 1500m.	A2L grade
Summer 2	Cricket	Underarm, Overarm, Long barrier, Windmill, Drive, Positioning.	Ball familiarisation/ catching, Fielding, Bowling, Batting, Game situations/basic strategies, Game situations.	A2L grade
	Athletics	Flight, Take off, Drive, Release, Aerobic Endurance.	Jumping- long jump, Throwing – shot putt, Throwing – javelin, Throwing – discus, Relay, Hurdles, Competitive event.	A2L grade

8	Knowledge	Tier 2 vocabulary	Skills	Assessment
Autumn 1	Hockey	Dribbling, Reverse, Jab, Reverse stop, Strong side, Positioning, Umpire, Tournament.	Dribbling & movement with the ball, Passing & reverse stop, Creation of space/attacking principles, Defending/jab tackle, Shooting, Tournament Games.	A2L grade
	Rugby	Touch, Tackle, Support, Ruck, Maul, Scrum, Offside.	Recap passing & refine handling skills, Develop tackling technique, Tackling & rucking, Tackling & mauling, Scrum development, Game situation.	A2L grade
Autumn 2	Gymnastics	Ariel, Aesthetics, Flight, Approach, Take off, Straddle, Through, Handspring, Somersault.	Recap rotation & jumps, Recap balance – Individual/Partner work, Intro to basic vaulting, Vaulting - low level apparatus, Vaulting – apparatus, Performances	A2L grade
	Badminton	Preparation, Disguised, Strategies, Smash, Clear, Flight.	Ready position, The clear, Smash shot & preparation, Disguised shots, Doubles/singles game play, Competitive game.	A2L grade
Spring 1	Netball	Footwork, Contact obstruction, Mark, Consistency, Dodging, Goalpost, Pressure.	Recap passing Skills & fundamental rules, Timing of pass/ support play, Attacking play/ outwitting opponents, Shooting, Marking/defending, Game play tactics.	A2L grade
	Handball	Possession, Phases, Co-operation, Circulation, Feint, Break Through, Transgressions.	Phases of Play – Defensive Phase, Co-operation in defence & Attacking Phase Arrival at the D and ball circulation, Shooting & Breaking through defence.	A2L grade
Spring 2	Football	Receiving, Dribbling, Width, Controlled, Heading, Heading, Weaker foot.	Develop Passing, Dribbling, Turns and Outwitting a defender, Develop Attack, Develop Shooting, Heading, Defensive strategies/tactics.	A2L grade
	Fitness	Biceps, Triceps, Humerus, Radius, Ulna, Intensity, Stations, Circuits.	Cooper Run, Continuous Training - Heart Rate Intensity & Measuring, Circuit Training – Muscles, Circuit Training – Bones, Multi-Stage Fitness Test - Aerobic Endurance.	A2L grade
Summer 1	Rounders	Long barrier, Legal bowling, Spin, Disguise, Covering, Triangle, Backstop, 1 st post.	Fielding skills, Bowling development, Batting development, Positional roles, Tactics/ strategies to outwit opponents, Game situation.	A2L grade
	Athletics	Warm up, Cool down, Cadence, Sustain, Pacing, Run the bend.	Sprint running technique (100m), Sprint running technique (200m), Sprint running technique (400m), Introduce pace running – 800m, Introduce pace running – 1500m.	A2L grade
Summer 2	Cricket	Drive shot, Pull Shot, Run up, Batting calls, Decision making, Calling.	Fielding practice, Batting-drive shot, Batting-pull shot, Bowling-run up development, Batting calls/ basic field placement, Game situations.	A2L grade
	Athletics	Change over, Degrees, Legs of relay, Power, Release, Palm, Shuffle, Drive, Baton.	Jumping- long jump, Throwing – shot putt, Throwing – javelin, Throwing – discus, Relay, Hurdles, Competitive event.	A2L grade

9	Knowledge	Tier 2 vocabulary	Skills	Assessment
Autumn 1	Hockey	Tactics, Formations, Short Corner, Defender, Midfielder, Attacker, Restarts, Outwitting.	Fundamentals-dribbling/passing/receiving, Use of space/attacking principles, Defending/tackling, Shooting/set plays, Positioning/formations, Tournament.	A2L grade
	Rugby	Retain Possession, Outwit, Rucking, Support players, Technique, Offside, Scrum, Line out.	Passing & Use of space, Outwitting opponents- 5 vs 3, Tackling + rucking, Restarting play-line outs, Scrum development, Game situation.	A2L grade
Autumn 2	Table Tennis	Grip, Backhand, Push, Serve, Forehand, Drive, Topspin, Backhand.	Introduce the Grip & backhand push, Serve, Introduce forehand push/topspin, Backhand topspin, Doubles tactics, Tournament.	A2L grade
	Badminton	Grip, Ready position, Shuttle, Markings, Overhead, Underarm, Service.	Ready position, The clear, Smash shot & preparation, Disguised shots, Doubles/singles game play, Competitive game.	A2L grade
Spring 1	Netball	Variety, Sending and Receiving, Positioning, Linkage, Turnover, Zonal Interceptions, Half court.	Recap netball fundamentals, Use of space/court linkage, Attacking principles, Defending principles, Tactics- centre pass/within the circle, Game play tactics.	A2L grade
	Handball	Speed, Agility, Quickness, Transgression Rehearsed, Set Play, Circulation.	Ball familiarization, Recap Rules and game play, Fundamental Skills, Co-ordination and Defensive techniques, Goalkeeping Basics, Combination play & name plays.	A2L grade
Spring 2	Football	Receiving, Dribbling, Width, Controlled, Heading, Heading, Weaker foot.	Passing strategies, Control & Turning, Attack/Beating an opponent, Shooting techniques, Defensive Tactics, Set Plays.	A2L grade
	Fitness	Flexion, Extension, Rotation, Deltoids, Abdominals, Gluteals, Pectoral.	Cooper Run, Continuous Training - Introduce Borg Scale & FITT, Circuit Training - Muscle Actions, Circuit Training - Muscle Names, Multi-Stage Fitness Test.	A2L grade
Summer 1	Rounders	Communication, Umpires call, Backing up, Stealing, Formation, Variation.	Throwing/catching/fielding, Bowling development, Batting development, Fielding roles/outwit opponents, Evaluation of tactics/peer assessment, Game situation.	A2L grade
	Athletics	Power, Strength, Reaction Time, Aerobic endurance, Drive, Form, Preserve, Maximal.	Sprint running technique (100m), Sprint running technique (200m), Sprint running technique (400m), Introduce pace running – 800, Introduce pace running – 1500m.	A2L grade
Summer 2	Cricket	Forward defensive, Cut shot, Delivery, Disguise, Spin, Pace, Wicket keeper, Stance.	Fielding fundamentals, Batting-defensive shots, Batting- cut, Bowling-spin/pace, Wicket keeping, Game situations.	A2L grade
	Athletics	Speed, Agility, Flexibility, Co-ordination, Glide, Hangtime.	Jumping- long jump, Throwing – shot putt, Throwing – javelin, Throwing – discus, Relay, Hurdles, Competitive event.	A2L grade