

	Unit of work & brief outline of what will be covered.	Key Objectives – what will students learn	Assessment
1	Introduction to Physical Education	Inspire a passion for physical education and understanding the importance of physical activity To participate in a range of activities that can then be continued in extra curricular clubs and clubs outside of school	To be assessed in a range of practical activities
2	Core Sports (for example: netball, football, basketball, badminton, hockey, dance, gymnastics, OAA, fitness)	To develop and perform a range of core skills within two sports that can be performed in isolated practices and small-sided competitive situations. To identify tactics used in performance and begin to peer and self-assess the use of tactics to bring about improvements in performance.	Practical assessment on skills, techniques and tactics within two sports covered, in isolation and competitive situations.
3	Core Sports (for example: netball, football, basketball, badminton, hockey, dance, gymnastics, OAA, fitness)	To develop and perform a range of core skills within two sports that can be performed in isolated practices and small-sided competitive situations. To identify tactics used in performance and begin to peer and self-assess the use of tactics to bring about improvements in performance. To identify key factors in leadership	Practical assessment on skills, techniques and tactics within two sports covered, in isolation and competitive situations.
4	Core Sports (for example: netball, football, basketball, badminton, hockey, dance, gymnastics, OAA, fitness)	To develop and perform a range of core skills within two sports that can be performed in isolated practices and small-sided competitive situations. To identify tactics used in performance and begin to peer and self-assess the use of tactics to bring about improvements in performance. To develop individual leadership skills	Practical assessment on skills, techniques and tactics within two sports covered, in isolation and competitive situations.
5	Core Sports (for example: tennis, athletics, rounders, cricket, fitness)	To develop and perform a range of core skills within two sports that can be performed in isolated practices and small-sided competitive situations. To identify tactics used in performance and begin to peer and self-assess the use of tactics to bring about improvements in performance.	Practical assessment on skills, techniques and tactics within two sports covered, in isolation and competitive situations.

		To lead small groups within a PE lesson	
6	Core Sports (for example: tennis, athletics, rounders, cricket, fitness)	<p>To develop and perform a range of core skills within two sports that can be performed in isolated practices and small-sided competitive situations.</p> <p>To identify tactics used in performance and begin to peer and self-assess the use of tactics to bring about improvements in performance.</p> <p>To lead small groups within a PE lesson</p>	Practical assessment on skills, techniques and tactics within two sports covered, in isolation and competitive situations.