

| | Unit of work & brief outline of what will be covered. | Key Objectives – what will students learn | Assessment |
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| 1 | Core Sports (for example: tennis, athletics, rounders, cricket, netball, dance, football) | To develop and perform a range of core and some advanced skills within two sports that can be performed in isolated practices and competitive situations. To describe tactics used in performance and to peer and self-assess the use of tactics to bring about improvements in performance. To describe key skills in leadership that can be used within sport | Practical assessment on skills, techniques and tactics within two sports covered, in isolation and competitive situations |
| 2 | Core Sports (for example: netball, football, basketball, badminton, hockey, dance, fitness) | To develop and perform a range of core and some advanced skills within two sports that can be performed in isolated practices and competitive situations. To describe tactics used in performance and to peer and self-assess the use of tactics to bring about improvements in performance. To describe key skills in leadership that can be used within sport | 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, fitness) | To develop and perform a range of core and some advanced skills within two sports that can be performed in isolated practices and competitive situations. To describe tactics used in performance and to peer and self-assess the use of tactics to bring about improvements in performance. To develop leadership skills within sport specific situations | 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, fitness) | To develop and perform a range of core and some advanced skills within two sports that can be performed in isolated practices and competitive situations. To describe tactics used in performance and 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. |

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| | | To develop leadership skills within sport specific situations | |
| 5 | Core Sports (for example: tennis, athletics, rounders, cricket, fitness) | To develop and perform a range of core and some advanced skills within two sports that can be performed in isolated practices and competitive situations. To describe tactics used in performance and to peer and self-assess the use of tactics to bring about improvements in performance. To develop leadership skills within sport specific situations to lead small groups within a PE lesson | Practical assessment on skills, techniques and tactics within two sports covered, in isolation and competitive situations. |
| 6 | Core Sports (for example: tennis, athletics, rounders, cricket, fitness) | To develop and perform a range of core and some advanced skills within two sports that can be performed in isolated practices and competitive situations. To describe tactics used in performance and to peer and self-assess the use of tactics to bring about improvements in performance. To develop leadership skills within sport specific situations to lead small groups within a PE lesson | Practical assessment on skills, techniques and tactics within two sports covered, in isolation and competitive situations. |