

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Fitness	Ball Skills/Invasion Games	Gymnastics	Games for Understanding	Striking & Fielding Games	Swimming
Year 8	Fitness	Ball Skills/Invasion Games	Games for Understanding	Gymnastics	Striking & Fielding Games	Swimming
Year 9	Fitness	Basketball	Badminton	Games for Understanding	Cricket/Swimming	Swimming/Tennis
Year 10	Basketball	Fitness	Invasion Games	Net Sports/Bad/V	Cricket/Swimming	Swimming/Tennis
Year 11	Basketball	Fitness	Invasion Games	Net Sports Choice	Options	N/A

Key Stage 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	<p>Topic: Fitness</p> <p>Exam: Ongoing Assessment and Completed Fitness Booklet</p> <p>Subject Skills: Description and examples of the key components of fitness.</p> <p>Learner Skills:</p> <p>Understanding of the key components of fitness through specific physical experiences.</p>	<p>Topic: Ball Skills/Invasion Games</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: Hand-eye co-ordination developed through skills and small sided invasion games.</p> <p>Learner Skills: Passing, Catching, Dribbling, Footwork, Pivoting, Spatial awareness,</p>	<p>Topic: Badminton</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: An introduction to basic skills to enable games to be played.</p> <p>Learner Skills:</p> <p>Understanding and practise of technique of the forehand, short and long serve and overhead clear in adapted singles games and fun alternative games such as 4 court.</p>	<p>Topic: Dance/Athletics</p> <p>Exam: Ongoing Assessment</p> <p>Subject Skills: To use dance and athletic movement patterns to help provide body control, efficiency and aesthetic appreciation.</p> <p>Learner Skills:</p> <p>Understanding of the importance of posture and core to assist movement potential.</p>	<p>Topic: Striking and Fielding Games</p> <p>Exam: Ongoing Assessment for Summer Report</p> <p>Subject Skills: Hand-eye co-ordination and basic skills developed.</p> <p>Learner Skills: Catching, throwing and other fielding techniques learnt. A variety of batting techniques using a variety of equipment.</p>	<p>Topic: Tennis/Swimming (Split group in 2)</p> <p>Exam: Ongoing Assessment for Summer Report</p> <p>Subject Skills: Tennis: An introduction to basic skills to enable games to be played. Swimming Basic swimming technique and water safety developed and enhanced.</p> <p>Learner Skills:</p> <p>Tennis: Understanding and practise of the technique for the forehand, backhand and serve.</p> <p>Swimming: Front crawl, Breaststroke, Back Stroke technique and rules of starts and turns.</p>
	<p>Rationale: A basic understanding of the components of fitness required for a healthy lifestyle and to perform at their best in sport.</p>	<p>Rationale: Building basic skills to allow students the opportunity to progress and play the major games offered at school.</p>	<p>Rationale: Popular indoor game to develop physical and social skills. Rules and Etiquette highlighted through game play.</p>	<p>Rationale: Development of body control, co-ordination and movement memory.</p>	<p>Rationale: Building towards skills for cricket but with lots of fun and maximum exposure to all the skills involved.</p>	<p>Rationale: Tennis: A popular outdoor summer sport which can be played socially or competitively with a range of ages. Great family sport to encourage. Swimming: An important life skill to allow safety and participation in a range of aquatic options in the future.</p>

8	<p>Topic: Fitness</p> <p>Exam: Ongoing Assessment and Completed Fitness Booklet</p> <p>Subject Skills: Recap and more detailed description and examples of the key components of fitness.</p> <p>Learner Skills: Further understanding and application of the key components of fitness.</p>	<p>Topic: Ball Skills/Invasion Games</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: Hand-eye co-ordination further developed through skills and small sided invasion games with increased decision making.</p> <p>Learner Skills: Passing, Catching, Dribbling, Footwork, Pivoting, Spatial awareness, Introduction to the importance of movement off the ball.</p>	<p>Topic: Basketball</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: Specific skills required to play Basketball and further development of teamwork.</p> <p>Learner Skills: Passing (Chest/Shoulder/Bounce), catching, dribbling, shooting (Set and Lay Up), basic man to man defending techniques.</p>	<p>Topic: Badminton</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: An introduction to basic skills to enable a variety of single games to be played.</p> <p>Learner Skills: Recap and practise of technique of the forehand, short and long serve and overhead clear. Introduction to the smash and the drop shot.</p>	<p>Topic: Striking and Fielding</p> <p>Exam: Ongoing Assessment for Summer Report</p> <p>Subject Skills: Hand-eye co-ordination and basic skills developed.</p> <p>Learner Skills: Catching, throwing and other fielding techniques learnt. A variety of batting techniques using a variety of equipment.</p>	<p>Topic: Tennis/Swimming (Split group in 2)</p> <p>Exam: Ongoing Assessment for Summer Report</p> <p>Subject Skills:</p> <p>Tennis: An introduction to basic skills to enable games to be played. Swimming Basic swimming technique and water safety developed and enhanced.</p> <p>Learner Skills:</p> <p>Tennis: Understanding and practise of the technique for the forehand, backhand and serve.</p> <p>Swimming: Front crawl, Breaststroke, Back Stroke technique and rules of starts and turns.</p>
	<p>Rationale: A developing understanding of the components of fitness required for a healthy lifestyle choice and to perform at their best in sport.</p>	<p>Rationale: Building basic and slightly more advanced skills to allow students the opportunity to progress and succeed in the major games offered at school.</p>	<p>Rationale: An introduction to a major sport that can be played inclusively in a mixed gender and mixed ability setting with access to a club and potential matches.</p>	<p>Rationale: Continued development from previous years' experience to learn about the game and experience official single game rules within an adapted ½ court game.</p>	<p>Rationale: Continue building and developing skills and tactics for cricket but with lots of fun and maximum exposure to all the skills involved.</p>	<p>Rationale:</p> <p>Tennis: A popular outdoor summer sport which can be played socially or competitively with a range of ages. Great family sport to encourage. Swimming: An important life skill to allow safety and participation in a range of aquatic options in the future.</p>

9	<p>Topic: Fitness</p> <p>Exam: Ongoing Assessment and Completed Fitness Booklet</p> <p>Subject Skills: Repeat and consolidate prior knowledge. Looking at the application of key components of fitness and how to develop individual fitness programmes.</p> <p>Learner Skills: Further understanding and application of the key components of fitness.</p>	<p>Topic: Basketball</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: Specific skills required to play Basketball and further development of teamwork, rules and understanding of the game.</p> <p>Learner Skills: Passing (Chest/Shoulder/Bounce), catching, dribbling, shooting (Set and Lay Up), basic man to man defending techniques.</p>	<p>Topic: Badminton</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: Consolidation of the basic skills and recap of more advanced skills to enable a variety of single games to be played at a range of levels.</p> <p>Learner Skills: Recap and practise technique for the forehand, short and long serve, overhead clear, smash and drop shot. Develop doubles tactics and rules.</p>	<p>Topic: Volleyball</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills Introduction to an alternative Net game.</p> <p>Learner Skills: Learn how to Set, Serve, Dig and Spike. Understand how rotations work and the basic rules for a full game (slightly adapted on our cross courts).</p>	<p>Topic: Cricket</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: Specific practise of the skills required to play softball cricket for majority/hardball for experienced.</p> <p>Learner Skills: Specific fielding skills, basic bowling and batting techniques of drive and pull shot.</p>	<p>Topic: Swimming</p> <p>Exam: Ongoing Assessment for RA</p> <p>Subject Skills: Basic swimming technique recap and introduction to Water Polo.</p> <p>Learner Skills: Front crawl, Breaststroke, Back Stroke, Fly technique and recap of rules of starts and turns.</p>
	<p>Rationale: A developing understanding of the components of fitness required for a healthy lifestyle choice and to perform at their best in their chosen sport.</p>	<p>Rationale: Development of a major sport that can be played inclusively in a mixed gender and mixed ability setting with access to a school club, outside clubs and potential matches at both.</p>	<p>Rationale: Development from previous years' experience and apply skills and apply to doubles. A popular recreation sport played outside of school with a club available at Cranbrook to further enjoy.</p>	<p>Rationale: Provision of skills and understanding of a popular social game played at the beach as well as the option of joining a school club if you are a boarder.</p>	<p>Rationale: To provide the skills required to pursue the game further at school and outside clubs.</p>	<p>Rationale: Encourage confidence to participate in swimming sports gala. Allowing participation in a range of aquatic options in the future.</p>

Key Stage 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	<p>Topic: Basketball</p> <p>Subject Skills: Development of teamwork using tactics and set plays.</p> <p>Learner Skills: Offensive plans and defensive options using all the skills developed over KS3.</p>	<p>Topic: Fitness</p> <p>Subject Skills: Repeat and consolidate prior knowledge. Looking at the application of key components of fitness with training methods. Promote independence and ownership when developing individual fitness programmes.</p> <p>Learner Skills: Further understanding and application of the key components of fitness.</p>	<p>Topic: Volleyball</p> <p>Subject Skills: Development of an alternative Net game.</p> <p>Learner Skills: Learn how to Set, Serve, Dig and Spike. Understand how rotations work and the basic rules for a full game (slightly adapted on our cross courts).</p>	<p>Topic: Net game options</p> <p>Subject Skills: Choice and independence within the net game range.</p> <p>Learner Skills: Independence and self-organisation to allow students to play Badminton, Volleyball and new game Pickleball.</p>	<p>Topic: Cricket</p> <p>Subject Skills: Specific practise of the skills required to play softball cricket for majority/hardball for experienced.</p> <p>Learner Skills: Specific fielding skills, basic bowling plus spin for more able and batting techniques of drive with more variation on directions and pull shot.</p>	<p>Topic: Swimming</p> <p>Subject Skills: Basic swimming technique recap and introduction to Water Polo.</p> <p>Learner Skills: Front crawl, Breaststroke, Back Stroke, Fly technique and recap of rules of starts and turns. Water polo basics.</p>
	<p>Rationale: A game played inclusively at Cranbrook School in a mixed gender and mixed ability setting with access to a club and potential matches.</p>	<p>Rationale: A developing understanding of the components of fitness and training methods required for a healthy lifestyle choice and most suitable to perform at their best in their chosen sport.</p>	<p>Rationale: Further provision of skills and a developing understanding of the game.</p>	<p>Rationale: Providing choice, independence and social development.</p>	<p>Rationale: To provide the skills required to pursue the game further at school and outside clubs. To understand the basic rules of the game.</p>	<p>Rationale: Encourage confidence to participate in swimming sports gala. Allowing participation and enjoyment of alternative pool activities such as Water polo.</p>

11	<p>Topic: Invasion Games</p> <p>Subject Skills: Social and leadership skills to encourage engagement, with students organising themselves and leading a specific activity.</p> <p>Learner Skills: Taking responsibility for their organisation and involvement in PE lessons prior to freedom of choice in sixth form games.</p>	<p>Topic: Fitness</p> <p>Subject Skills: Lifestyle choice.</p> <p>Learner Skills: To select their training methods and facilities to maximise their development as a lifestyle choice.</p>	<p>Topic: Net Games</p> <p>Subject Skills: Social and self-organisation. Evidence of understanding the rules of Badminton and Volleyball.</p> <p>Learner Skills: Taking responsibility for their organisation and involvement in PE lessons prior to freedom of choice in sixth form games.</p>	<p>Topic: Sports Hall Options</p> <p>Subject Skills: Leadership and self-management.</p> <p>Learner Skills: Taking responsibility for their organisation and involvement in PE lessons prior to freedom of choice in sixth form games.</p>	<p>Topic: Sports Hall Options</p> <p>Subject Skills: Leadership and self-management.</p> <p>Learner Skills: Taking responsibility for their organisation and involvement in PE lessons prior to freedom of choice in sixth form games.</p>	Year 11 Exams:
	<p>Rationale: Self-management for future independent choices and ongoing participation.</p>	<p>Rationale: Self-management for future independent choices and ongoing participation.</p>	<p>Rationale: Self-management for future independent choices and ongoing participation.</p>	<p>Rationale: Self-management for future independent choices and ongoing participation.</p>	<p>Rationale: Self-management for future independent choices and ongoing participation.</p>	