

PE



Head of Department: Mr Brendan Power

S O A R

SERVICE OPPORTUNITY ASPIRATION REWARD

Striking & Fielding: Concept

Skills

Co-operation; principles of play

Striking & Fielding: Technical

Skills

Batting, throwing, catching, fielding and bowling

Net/wall: Concept Skills

Positioning, tournaments and scoring

Net/wall: Technical

Skills

Perfecting serving and return techniques

Development of: Net/wall Games

A range of games to develop the disciplines of table tennis, volleyball, badminton

Gym: Concept Skills

How types of training impact the human body and how can they be utilized to meet individual goals

Development of: Tag based Invasion Games

A range of games to develop tag based tackling invasion games

Invasion Games: Technical Skills

Passing, shooting, dribbling, positioning

Movement: Concept Skills

How does setting goals for self-improvement impact participation and motivation?

Development of: Movement

A range of indoor athletics to revisit core movement skills

Development of Striking and Fielding

A range of games to develop the disciplines of softball, cricket and rounders

Introduction to: Athletics

A range of outdoor athletics

Athletics: Concept Skills

Measuring, timing, competitions and self-improvement

Athletics: Technical Skills

Perfecting running, jumping and throwing techniques

Development of: Gym

Developing types of training to link with components of fitness

Tag: Concept Skills

Introducing team tactics to invade space and defend space

Tag: Technical Skills

Perfecting passing and catching techniques; ball familiarisation

Invasion Games: Concept Skills

Principles of attacking and defending

Development of: Invasion Games

A range of games to develop the disciplines of basketball, netball and football

Movement: Technical Skills

Perfecting running, jumping and throwing techniques

Curriculum Intent

We **serve** our students with an adaptive curriculum that meets the needs of all. Our different subjects have carefully identified plans outlining, what they teach and why. This is shared with all students, staff and parents to empower our community in their learning journey and includes careful consideration of sequencing of knowledge and skills. Cardinal Pole is committed to providing **opportunities** for staff and students to become life-long lovers of learning through personalised feedback, opportunities for reflection and progression. We are a community of **aspirant** learners where teachers are experts and students are critical scholars. This is achieved through absolute clarity of expectations and constant re-evaluation of needs through a shared language. We **reward** our community of learners by celebrating the successes, progress and achievements of all.

How do all Physical Education lessons start? (Ready to Learn)

All lessons at Cardinal Pole start with a 'Ready to Learn' activity. The purpose of this is to support retrieval and prepares students for the lesson with recalling relevant knowledge. This activity is printed for students and handed out at the door. Students are expected to sit at their desk immediately and complete the task before sticking it in their books while the teacher welcomes the class and takes the register.

Ready to Learn activities in Physical Education look like this:

DO NOW:

1. Pulse-Raiser – Engaging warm-up game –

Example: Passing tag – 5 players are "it" and have bibs on, students pass the ball around and attempt to tag the remaining students with the ball. If tagged, the student grabs a bib and joins the tagging team. End the game when one student remains without a bib.

2. Dynamic Stretches that focus on the muscles that will be the primary movers in the skill taught

Example – Shoulder circles for overhead throwing (cricket/rounders)

How is your progress measured in PE in Autumn Term?

Autumn 1: Indoor Athletics

- Sprinting
- Sustained Running and Pacing
- Jumping
- **Throwing**
- **Competition (Tournament)**

Autumn 2: Invasion Games – Basketball, Football, Netball

- **Passing**
- **Shooting**
- **Defending**
- **Offensive Tactics – creating space, creating advantages**
- **Defensive Tactics – marking, condensing space**

Emerging	Achieving	Excelling
I can use my body to participate in sprinting, sustained running, jumping and throwing I can state proper technique for sprinting, sustained running, jumping and throwing. I can identify how components of fitness are related to a healthy lifestyle.	I can use and am beginning to adapt my body while participating and competing in sprinting, sustained running, jumping and throwing I can state and demonstrate proper technique for sprinting, sustained running, jumping and throwing. I can identify how components of fitness are related to a healthy lifestyle and link them to my personal fitness	I can use and adapt my body while participating and competing in sprinting, sustained running, jumping and throwing I can state, demonstrate and self-correct proper technique for sprinting, sustained running, jumping and throwing. I can identify how components of fitness are related to a healthy lifestyle and link them to my personal fitness. I can set targets for improvements.

Topic: Introduction to Movement (Indoor Athletics)

Autumn Term 1 Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Emerging (catching up): I can use my body to participate in a basic sprint race.	Complete the Two Lap Indoor Athletics Race
	Achieving (keeping up): I can use and perform correct technique for a basic sprint race. I can link speed to its impact on athletic performance.	
	Excelling (going beyond): I can use and perform correct technique for a basic sprint race in a competitive environment	
2	Emerging (catching up): I can participate in sustained running and pacing.	Complete the Six Lap Indoor Athletics Race
	Achieving (keeping up): I can understand and perform the skills of sustained running and pacing. Introduction of Cardiovascular Fitness and its impact on a healthy body.	
	Excelling (going beyond): I can understand and perform in a competitive setting the skills of sustained running and pacing	
3	Emerging (catching up): I can use my body to participate in basic jumps	Complete the Vertical Jump and the Standing Long Jump
	Achieving (keeping up): I can understand and replicate the technique for basics jumps from a standing position. Introduction of muscular power and its impact on athletic performance.	
	Excelling (going beyond): I can replicate technique for basic jumps from a standing position with power and control.	
4	Emerging (catching up): I can participate and use my body to participate in basic jumps.	Complete the speed bounce and the standing triple jump
	Achieving (keeping up): I can develop, explore and perform more advanced coordinated jumping techniques. Introduction of Coordination and Agility and their impacts on athletic performance.	
	Excelling (going beyond): I can replicate technique for advanced jumps from a standing position with coordination and fluidity	
5	Emerging (catching up): I can state the correct techniques for an overhead throw. Participate in overhand throwing	Throwing nerf ball and Grip Strength test
	Achieving (keeping up): I can use and perform the correct technique for an overhead throw. Introduction of muscular Strength and its impact on long-term health	
	Excelling (going beyond): I can use and perform the correct technique for an overhead throw with coordination and for distance.	
6	Emerging (catching up): I can state the correct techniques for a technical overhead throw. Participate in Javelin throw	Javelin Throw and sit and reach test
	Achieving (keeping up): I can use and perform the correct technique for a javelin throw. Introduction of flexibility	
	Excelling (going beyond): I can use and perform the correct technique for an javelin throw with coordination and for distance.	
7	Themes of Teamwork (Service), Courage to compete (Oppourtunity), Striving for our best (Aspiration), Self-Improvement (Reward)	Indoor Athletics Tournament

Topic: Invasion Games

Autumn Term 2 Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Emerging: I can state the correct passing technique. Achieving: Use and perform correct technique for passing Excelling: I can state, demonstrate and self-correct passing technique under pressure.	Technical Passing drills with partner, progressed to facing pressure
2	Emerging: I can state the correct shooting/scoring technique. Achieving: Use and perform the correct techniques for shooting/scoring . Excelling: I can state, demonstrate and self-correct shooting/scoring technique in game-like situation.	Technical shooting drills that progress in challenge and build in game-like conditions
3	Emerging: I can state how to control a ball while moving. Achieving: I can state and demonstrate control of a ball while moving. Excelling: I can state, demonstrate and self-control ball control while changing speed and direction in games.	Dribbling through coloured cone gates, utilizing change of pace and direction
4	Emerging: I can state the correct defensive positioning and technique. Achieving: I can state and demonstrate the correct defensive positioning and technique. Excelling: I can state, demonstrate and self-correct defensive positioning and technique with precision.	1v1 defending drills focused on tracking and marking an opponent
5	Emerging: I can state how to maintain possession and create space. Achieving: I can identify and apply offensive tactics of maintaining possession, creating space and advantages. Excelling: I can identify and execute offensive tactics to maintain possession, create space and gain advantages.	Conditioned games focused on offensive tactics and positioning
6	Emerging: I can state the importance of marking and condensing space. Achieving: I can identify and apply defensive tactics of marking and condensing space. Excelling: I can identify and execute defensive tactics to successfully mark opponents and limit attack opportunities.	Conditioned games focused on defensive positioning and tactics
7	Emerging: I can state the importance of teamwork, effort and self-improvement during competitions. Achieving: I can demonstrate teamwork, resilience and positive communication during games. Excelling: I can lead and encourage others while demonstrating high levels of teamwork (Service), resilience(Oppourtunity & Aspiration), and self-improvement (Reward)during games.	Tournament

How is your progress measured in PE in Spring Term?

Spring:

Net/Wall games	Outdoor Athletics
- Serving - Defensive shots - Offensive shots - Defensive positioning – ready position - Offensive tactics - Defensive tactics	- Sprinting – start, technique, finish - Distance running – pacing, stride technique, tactics - Shotput - High Jump - Long Jump/Triple Jump - Discus/Javelin

Emerging	Achieving	Excelling
I can state the correct serving technique in Net/Wall Games I can state the correct technique for various offensive and defensive shots in Net/Wall Games I can identify the tactical decisions to be made during net/wall games on both offence and defence	I can state and demonstrate the correct serving technique in Net/Wall Games I can state and demonstrate the correct technique for various offensive and defensive shots in Net/Wall Games I can identify and execute tactical decisions to be made during net/wall games on both offence and defence	I can state, demonstrate and self-correct the proper serving technique in Net/Wall Games I can state, demonstrate and self-correct the proper technique for various offensive and defensive shots in Net/Wall Games I can identify and execute tactical decisions to be made during net/wall games on both offence and defence with skill and precision.

Topic: Net Wall Games

Spring Term Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Emerging (catching up): I can state the components of a serve Achieving (keeping up): I can use and develop correct serving technique Excelling (going beyond): I can state, demonstrate consistently a range of accurate serving techniques within a game situation	Complete Serving mini-games
2	Emerging (catching up): I can state how to perform a basic return/ defensive shots with some control and consistency Achieving (keeping up): I can use and develop various Return/defensive shots Excelling (going beyond): I can state, demonstrate and self-correct the proper technique for various offensive and defensive shots in Net/Wall Games	Use of various defensive shots with a partner
3	Emerging (catching up): I can state where to perform a smash shot on the court Achieving (keeping up): I can use and show an effective Spiking/Smashing shots Excelling (going beyond): I can state, demonstrate when it is the right decision to execute a tactical decision during a game	Drills to develop spiking/smashing techniques and tactics
4	Emerging (catching up): I can state some tactics that will be used in a game situation Achieving (keeping up): I can use and develop technique and tactics for effective Net Play Excelling (going beyond): I can state, demonstrate a range of techniques and tactics effectively to consistently outwit the opponents	Drills to develop net play techniques and tactics
5	Emerging (catching up): I can state what position I need to be in during games. Achieving (keeping up): I can use and develop knowledge and application of offensive Tactics and positioning Excelling (going beyond): I can state, demonstrate a range of offensive tactics and positioning effectively and consistently to create and exploit space in game situations	Small sided conditioned games with offensive tactical focus
6	Emerging (catching up): I can state the difference between an offense and defence positioning during a game Achieving (keeping up): I can use and develop knowledge and application of defensive tactics, stance and positioning Excelling (going beyond): I can state, demonstrate defensive tactics and positioning strategically to regain and maintain control of play	Small sided conditioned games with a defensive tactical focus
7	Emerging (catching up): I can state what teamwork is and link it to the relevant net wall game Achieving (keeping up): I can use and develop the themes of teamwork (Service), Striving for our best (Aspiration), Self-improvement (Reward) Excelling (going beyond): I can state, demonstrate strong teamwork skills consistently support and improve team performances	Tournament

How is your progress measured in PE in Summer Term?

Summer:

Striking/Fielding	Fitness
• Throwing • Batting • Fielding • Bowling/Pitching • Offensive Tactics • Defensive Tactics	• Circuit Training • Muscular Endurance • Cardiovascular Endurance • Strength • Free Weights Training • Session Planning

Emerging	Achieving	Excelling
I can state the correct throwing and batting techniques for striking/fielding games I can state the correct tactics for offense and defence in striking and fielding games I can perform a warm-up activity that utilizes and pulse-raiser and dynamic stretches I can participate in different physical activities that develop my fitness I can identify different components of fitness and the types of training that can be used to improve them I can set goals on how to improve my fitness	I can state and demonstrate the correct throwing and batting technique in Striking and Fielding Games I can state and apply tactics for offense and defence in striking and fielding games I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches I can participate in different physical activities that develop my fitness I can identify different components of fitness and the types of training that can be used to improve them I can set and justify goals on how to improve my fitness	I can state, demonstrate and self-correct the proper throwing and batting techniques in Striking and Fielding Games I can state, apply and adapt tactics for offense and defence in striking and fielding games I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches with confidence. I can participate and challenge myself in different physical activities that develop my fitness I can set , justify and implement goals on how to improve my fitness

Topic: Striking-Fielding Games/Fitness

Spring Term Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Emerging: I can state the correct technique and attempt an underarm and overarm throw.	Throwing and catching relays
	Achieving: I can use and develop the correct technique for an underarm and overarm throw.	
	Excelling: I can demonstrate and explain the correct technique a variety of throws under	
2	Emerging: I can state the technique and attempt to perform batting techniques from a still ball and a ball in flight	Batting drills, progressing from a still ball to a ball in flight
	Achieving: I can demonstrate the technique and utilise tactics for batting	
	Excelling: I can consistently select and apply effective batting techniques and tactics in competitive situations to outwit the opponent	
3	Emerging: I can identify and attempt basic fielding techniques including catching and throwing to bases/stumps.	Fielding drills for catching and throwing to bases/stumps
	Achieving: I can apply offensive tactics to improve batting and baserunning performance in games	
	Excelling: I can apply accurate fielding skills and make effective tactical decisions to prevent runs and create outs.	
4	Emerging: I can identify and attempt basic batting and baserunning tactics in conditioned games.	Conditioned Games with a focus on batting/baserunning tactics
	Achieving: I can apply defensive tactics and positioning to limit the opposition's scoring opportunities	
	Excelling: I can consistently select and adapt offensive tactics to outwit opponents and support team success.	
5	Emerging: I can identify and attempt basic defensive positioning during conditioned games	Conditioned Games with a focus on defensive positioning and tactics
	Achieving: I can apply defensive tactics and positioning to limit the opposition's scoring opportunities	
	Excelling: I can effectively organise and adapt defensive tactics to anticipate play and regain possession quickly.	
6	Emerging: I can take part in competitive games and demonstrate some striking and fielding skills and rules.	Tournament

Topic: Striking-Fielding Games/Fitness

Spring Term Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
C o t s	7 Emerging: I can perform a range of exercises that target different muscle groups Achieving: I can complete circuit training activities and understand how rotating exercises targets different areas of the body. Excelling: I can explain and independently apply circuit training principles to improve overall fitness.	Perform a range of exercises working different muscles groups
	8 Emerging: I can perform resistance exercises using high repetitions and low weight with some control Achieving: I can demonstrate muscular endurance training and understand the intensity, sets and reps required. Excelling: I can accurately select and adapt muscular endurance training methods to improve performance safely and effectively.	Performing resistance exercises using high reps, low weight.
	9 Emerging: I can perform a variety of endurance-based activities using cardio equipment safely. Achieving: I can demonstrate cardiovascular endurance training and understand the intensity and duration required for improvement. Excelling: I can monitor and adapt cardiovascular training to maintain appropriate intensity and maximise fitness gains.	Perform a variety of endurance-based activities utilizing the treadmills, bikes and rowing machines
	10 Emerging: I can perform resistance exercises using low repetitions and high weight with support. Achieving: I can demonstrate strength training and understand the intensity, sets and reps required to train effectively. Excelling: I can independently apply strength training principles safely to improve muscular strength and performance.	Performing resistance exercises using low reps, high weight.
	11 Emerging: I can perform resistance exercises using correct techniques with guidance. Achieving: I can perform free weight exercises safely using correct technique and control. Excelling: I can consistently demonstrate safe and effective free weight technique while supporting others with correct form.	Performing resistance exercises using correct techniques
	12 Emerging: I can create and follow a simple exercise session with support. Achieving: I can plan an exercise session and understand how to structure activities for different fitness components. Excelling: I can independently design and justify a balanced exercise session that meets specific fitness goals.	Create an exercise session

Striking & Fielding: Concept Skills

Co-operation; principles of play

Striking & Fielding: Technical Skills

Batting, throwing, catching, fielding and bowling

Net/wall: Concept Skills

Positioning, tournaments and scoring

Net/wall: Technical Skills

Perfecting serving and return techniques

Development of: Net/wall Games

A range of games to develop the disciplines of table tennis, volleyball, badminton

Gym: Concept Skills

How types of training impact the human body and how can they be utilized to meet individual goals

Development of: Tag based Invasion Games

A range of games to develop tag based tackling invasion games

Invasion Games: Technical Skills

Passing, shooting, dribbling, positioning

Movement: Concept Skills

How does setting goals for self-improvement impact participation and motivation?

Development of: Movement

A range of indoor athletics to revisit core movement skills

Development of Striking and Fielding

A range of games to develop the disciplines of softball, cricket and rounders

Introduction to: Athletics

A range of outdoor athletics

Athletics: Concept Skills

Measuring, timing, competitions and self-improvement

Athletics: Technical Skills

Perfecting running, jumping and throwing techniques

Development of: Gym

Developing types of training to link with components of fitness

Tag: Concept Skills

Introducing team tactics to invade space and defend space

Tag: Technical Skills

Perfecting passing and catching techniques; ball familiarisation

Invasion Games: Concept Skills

Principles of attacking and defending

Development of: Invasion Games

A range of games to develop the disciplines of basketball, netball and football

Movement: Technical Skills

Perfecting running, jumping and throwing techniques

How is your progress measured in PE in Autumn Term Y8?

Autumn Y8:

- **Passing**
- **Shooting**
- **Defending**
- **Offensive Tactics – creating space, creating advantages**
- **Defensive Tactics – marking, condensing space**

Emerging	Achieving	Excelling
I can state correct passing, shooting and defending techniques in Invasion Games	I can state and demonstrate correct passing, shooting and defending techniques in Invasion Games	I can state, demonstrate and self-correct passing, shooting and defending techniques in Invasion Games
I can state the correct positions and rules for Invasion Games	I can state and demonstrate the correct technique for various offensive and defensive shots in Net/Wall Games	I can state, demonstrate and self-correct the proper technique for various offensive and defensive shots in Net/Wall Games
I can identify the tactical decisions to be made during invasion games on both offence and defence	I can identify and execute tactical decisions to be made during invasion games on both offence and defence	I can identify and execute tactical decisions to be made during invasion games on both offence and defence with skill and precision.
I can participate in a team during an invasion game	I can motivate and contribute to a team in invasion games	I can lead, motivate and contribute to a team in invasion games

Topic: Invasion Games

Golden Nugget and Work Hard

Y8 Autumn Term 1 Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Emerging: I can state the correct passing technique. Achieving: Use and perform correct technique for passing Excelling: I can state, demonstrate and self-correct passing technique under pressure.	Technical Passing drills with partner, progressed to facing pressure
2	Emerging: I can state the correct shooting/scoring technique. Achieving: I can use and perform the correct techniques for shooting/scoring . Excelling: I can state, demonstrate and self-correct shooting/scoring technique in game-like situation.	Technical shooting drills that progress in challenge and build in game-like conditions
3	Emerging: I can state how to control a ball while moving. Achieving: I can state and demonstrate control of a ball while moving. Excelling: I can state, demonstrate and self-control ball control while changing speed and direction in games.	Dribbling through coloured cone gates, utilizing change of pace and direction
4	Emerging: I can state the correct defensive positioning and technique. Achieving: I can state and demonstrate the correct defensive positioning and technique. Excelling: I can state, demonstrate and self-correct defensive positioning and technique with precision.	1v1 defending drills focused on tracking and marking an opponent
5	Emerging: I can state how to maintain possession and create space. Achieving: I can identify and apply offensive tactics of maintaining possession, creating space and advantages. Excelling: I can identify and execute offensive tactics to maintain possession, create space and gain advantages.	Conditioned games focused on offensive tactics and positioning
6	Emerging: I can state the importance of marking and condensing space. Achieving: I can identify and apply defensive tactics of marking and condensing space. Excelling: I can identify and execute defensive tactics to successfully mark opponents and limit attack opportunities.	Conditioned games focused on defensive positioning and tactics
7	Emerging: I can state the importance of teamwork, effort and self-improvement during competitions. Achieving: I can demonstrate teamwork, resilience and positive communication during games. Excelling: I can lead and encourage others while demonstrating high levels of teamwork (Service), resilience(Oppourtunity & Aspiration), and self-improvement (Reward)during games.	Tournament

How is your progress measured in PE in Spring Term?

Spring:

Net-Wall Games	Fitness
• Serving • Defensive shots • Offensive shots • Defensive positioning – ready position • Offensive tactics • Defensive tactics	- Sprinting – start, technique, finish - Distance running – pacing, stride technique, tactics - Shotput - High Jump - Long Jump/Triple Jump - Discus/Javelin

Emerging	Achieving	Excelling
I can state the correct serving technique in Net/Wall Games I can state the correct technique for various offensive and defensive shots in Net/Wall Games I can identify the tactical decisions to be made during net/wall games on both offence and defence	I can state and demonstrate the correct serving technique in Net/Wall Games I can state and demonstrate the correct technique for various offensive and defensive shots in Net/Wall Games I can identify and execute tactical decisions to be made during net/wall games on both offence and defence	I can state, demonstrate and self-correct the proper serving technique in Net/Wall Games I can state, demonstrate and self-correct the proper technique for various offensive and defensive shots in Net/Wall Games I can identify and execute tactical decisions to be made during net/wall games on both offence and defence with skill and precision.

Topic: Net Wall Games/Athletics

Golden Nugget and Work Hard

Y8 Spring Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Emerging (catching up): I can state the components of a serve Achieving (keeping up): I can use and develop correct serving technique Excelling (going beyond): I can state, demonstrate consistently a range of accurate serving techniques within a game situation	Complete Serving mini-games
2	Emerging (catching up): I can state how to perform a basic return/defensive shots with some control and consistency Achieving (keeping up): I can use and develop various Return/defensive shots Excelling (going beyond): I can state, demonstrate and self-correct the proper technique for various offensive and defensive shots in Net/Wall Games	Use of various defensive shots with a partner
3	Emerging (catching up): I can state where to perform a smash shot on the court Achieving (keeping up): I can use and show an effective Spiking/Smashing shots Excelling (going beyond): I can state, demonstrate when it is the right decision to execute a tactical decision during a game	Drills to develop spiking/smashing techniques and tactics
4	Emerging (catching up): I can state some tactics that will be used in a game situation Achieving (keeping up): I can use and develop technique and tactics for effective Net Play Excelling (going beyond): I can state, demonstrate a range of techniques and tactics effectively to consistently outwit the opponents	Drills to develop net play techniques and tactics
5	Emerging (catching up): I can state what position I need to be in during games. Achieving (keeping up): I can use and develop knowledge and application of offensive Tactics and positioning Excelling (going beyond): I can state, demonstrate a range of offensive tactics and positioning effectively and consistently to create and exploit space in game situations	Small sided conditioned games with offensive tactical focus
6	Emerging (catching up): I can state the difference between an offense and defence positioning during a game Achieving (keeping up): I can use and develop knowledge and application of defensive tactics, stance and positioning Excelling (going beyond): I can state, demonstrate defensive tactics and positioning strategically to regain and maintain control of play	Small sided conditioned games with a defensive tactical focus
7	Emerging (catching up): I can state what teamwork is and link it to the relevant net wall game Achieving (keeping up): I can use and develop the themes of teamwork (Service), Striving four our best (Aspiration), Self- improvement (Reward) Excelling (going beyond): I can state, demonstrate strong teamwork skills consistently support and improve team performances	Tournament

How is your progress measured in PE in Summer Term?

Summer –

Striking/Fielding	Fitness
• Throwing • Batting • Fielding • Bowling/Pitching • Offensive Tactics • Defensive Tactics	• Circuit Training • Muscular Endurance • Cardiovascular Endurance • Strength • Free Weights Training • Session Planning

Emerging	Achieving	Excelling
I can state the correct throwing and batting techniques for striking/fielding games I can state the correct tactics for offense and defence in striking and fielding games I can perform a warm-up activity that utilizes and pulse-raiser and dynamic stretches I can participate in different physical activities that develop my fitness I can identify different components of fitness and the types of training that can be used to improve them I can set goals on how to improve my fitness	I can state and demonstrate the correct throwing and batting technique in Striking and Fielding Games I can state and apply tactics for offense and defence in striking and fielding games I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches I can participate in different physical activities that develop my fitness I can identify different components of fitness and the types of training that can be used to improve them I can set and justify goals on how to improve my fitness	I can state, demonstrate and self-correct the proper throwing and batting techniques in Striking and Fielding Games I can state, apply and adapt tactics for offense and defence in striking and fielding games I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches with confidence. I can participate and challenge myself in different physical activities that develop my fitness I can set, justify and implement goals on how to improve my fitness

Topic: Striking/Fielding

Golden Nugget and Work Hard

Y8 Summer Term Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Emerging I can perform an overhead throw with some accuracy and control	Throwing and catching drills
	Achieving I can use and develop correct technique for an overhead throw during relays and game situations	
	Excelling I can consistently demonstrate power, accuracy and decision-making when throwing under pressure	
2	Emerging – I can strike a still ball using basic batting technique	Batting drills, progressing from a still ball to a ball in flight
	Achieving – I can develop batting technique from a still ball to a ball in flight with increasing consistency	
	Excelling – I can select and apply effective batting tactics to place the ball into space and support team success	
3	Emerging – I can catch and return the ball using basic fielding technique	Fielding drills for catching and throwing to bases/stumps
	Achieving – I can demonstrate fielding skills through catching and throwing to bases/stumps with control	
	Excelling – I can demonstrate quick reactions, communication and tactical awareness and use my fielding technique to prevent scoring opportunities	
4	Emerging – I can participate in conditioned games using simple attacking ideas	Conditioned Games with a focus on batting/baserunning tactics
	Achieving - I can apply batting and baserunning tactics within conditioned games	
	Excelling – I can adapt offensive tactics effectively based on opposition positioning and game context	
5	Emerging – I can demonstrate basic defensive positioning during games	Conditioned Games with a focus on defensive positioning and tactics
	Achieving – I can apply defensive tactics and positioning to limit attacking opportunities	
	Excelling – I can organise teammates and make effective tactical decisions to regain possession and stop scoring	
6	Emerging – I can show teamwork and positive participation during competition	Tournament
	Achieving – I can demonstrate the themes of teamwork, courage, aspiration and self-improvement consistently	
	Excelling – I can lead and motivate others while applying tactical understanding and resilience during competition	

Topic: Fitness

Golden Nugget and Work Hard

Y8 Summer Term Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
7	Emerging - I can perform a range of exercises targeting different muscle groups	Perform a range of exercises working different muscles groups
	Achieving – I can understand and apply circuit training by rotating exercises effectively	
	Excelling – I can independently maintain intensity and explain how circuit training develops fitness components	
8	Emerging – I can perform resistance exercises using high reps and low weight	Performing resistance exercises using high reps, low weight.
	Achieving – I can understand the intensity, sets and reps needed to improve muscular endurance	
	Excelling – I can sustain correct technique throughout training and adapt workload appropriately	
9	Emerging – I can complete endurance-based activities using cardio equipment	Perform a variety of endurance-based activities utilizing the treadmills, bikes and rowing machines
	Achieving - I can understand intensity and duration required for cardiovascular endurance training	
	Excelling – I can maintain target intensity levels and explain how training improves aerobic fitness	
10	Emerging – I can perform resistance exercises using low reps and high weight safely	Performing resistance exercises using low reps, high weight.
	Achieving – I can understand intensity, sets and reps required for strength development	
	Excelling – I can select appropriate weights independently and demonstrate controlled technique throughout	
11	Emerging – I can perform free weight exercises with basic control	Performing resistance exercises using correct techniques
	Achieving – I can perform resistance exercises safely using correct free weights technique	
	Excelling – I can demonstrate advanced control, posture and spotting awareness while supporting others safely	
12	Emerging – I can identify exercises suitable for different fitness components	Create an exercise session
	Achieving – I can understand how to create and organise an	

Striking & Fielding: Concept Skills

Co-operation; principles of play

Striking & Fielding: Technical Skills

Batting, throwing, catching, fielding and bowling

Net/wall: Concept Skills

Positioning, tournaments and scoring

Net/wall: Technical Skills

Perfecting serving and return techniques

Development of: Net/wall Games

A range of games to develop the disciplines of table tennis, volleyball, badminton

Gym: Concept Skills

How types of training impact the human body and how can they be utilized to meet individual goals

Development of: Tag based Invasion Games

A range of games to develop tag based tackling invasion games

Invasion Games: Technical Skills

Passing, shooting, dribbling, positioning

Movement: Concept Skills

How does setting goals for self-improvement impact participation and motivation?

Development of: Movement

A range of indoor athletics to revisit core movement skills

Development of Striking and Fielding

A range of games to develop the disciplines of softball, cricket and rounders

Introduction to: Athletics

A range of outdoor athletics

Athletics: Concept Skills

Measuring, timing, competitions and self-improvement

Athletics: Technical Skills

Perfecting running, jumping and throwing techniques

Development of: Gym

Developing types of training to link with components of fitness

Tag: Concept Skills

Introducing team tactics to invade space and defend space

Tag: Technical Skills

Perfecting passing and catching techniques; ball familiarisation

Invasion Games: Concept Skills

Principles of attacking and defending

Development of: Invasion Games

A range of games to develop the disciplines of basketball, netball and football

Movement: Technical Skills

Perfecting running, jumping and throwing techniques

How is your progress measured in PE in Y9 Autumn Term?

Autumn:

Invasion Games

- **Passing** – advanced techniques – ex. Through pass (football)
- **Shooting** – advanced techniques – ex. Layup (basketball)
- **Defending**
- **Offensive Tactics** – creating space, creating advantages
- **Defensive Tactics** – marking, condensing space

Emerging	Achieving	Excelling
I can state and demonstrate correct passing , shooting and defending techniques in Invasion Games	I can state, demonstrate and begin to self-correct correct passing, shooting and defending techniques in Invasion Games	I can state, demonstrate and self-correct advanced passing, shooting and defending techniques in Invasion Games
I can state and the correct positions and rules for Invasion Games	I can state and demonstrate the correct technique for various offensive and defensive shots in Net/Wall Games	I can state, demonstrate and self-correct the proper technique for various offensive and defensive shots in Net/Wall Games. I can select when best to utilize these techniques during match play.
I can identify and begin to execute the tactical decisions to be made during invasion games on both offence and defence	I can identify and execute tactical decisions to be made during invasion games on both offence and defence	I can identify and execute tactical decisions to be made during invasion games on both offence and defence with skill and precision.
I can participate in a team during an invasion game for a sustained period and provide contributions to the team's performance.	I can motivate and contribute to a team in invasion games	I can lead, motivate and contribute to a team in invasion games

Topic: Invasion Games

Golden Nugget and Work Hard

Y9 Autumn Term 1 Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Emerging: I can state the correct passing technique. Achieving: Use and perform correct technique for passing Excelling: I can state, demonstrate and self-correct passing technique under pressure.	Technical Passing drills with partner, progressed to facing pressure
2	Emerging: I can state the correct shooting/scoring technique. Achieving: Use and perform the correct techniques for shooting/scoring Excelling: I can state, demonstrate and self-correct shooting/scoring technique in game-like situation.	Technical shooting drills that progress in challenge and build in game-like conditions
3	Emerging: I can state how to control a ball while moving. Achieving: I can state and demonstrate control of a ball while moving. Excelling: I can state, demonstrate and self-control ball control while changing speed and direction in games.	Dribbling through coloured cone gates, utilising change of pace and direction.
4	Emerging: I can state the correct defensive positioning and technique. Achieving: I can state and demonstrate the correct defensive positioning and technique. Excelling: I can state, demonstrate and self-correct defensive positioning and technique with precision.	1v1 defending drills focused on tracking and marking an opponent
5	Emerging: I can state how to maintain possession and create space. Achieving: I can identify and apply offensive tactics of maintaining possession, creating space and advantages. Excelling: I can identify and execute offensive tactics to maintain possession, create space and gain advantages.	Conditioned games focused on offensive tactics and positioning
6	Emerging: I can state the importance of marking and condensing space. Achieving: I can identify and apply defensive tactics of marking and condensing space. Excelling: I can identify and execute defensive tactics to successfully mark opponents and limit attack opportunities.	Conditioned games focused on defensive positioning and tactics
7	Emerging: I can state the importance of teamwork, effort and self-improvement during competitions. Achieving: I can demonstrate teamwork, resilience and positive communication during games. Excelling: I can lead and encourage others while demonstrating high levels of teamwork (Service), resilience (Opportunity & Aspiration), and self-improvement (Reward) during games.	Tournament

How is your progress measured in PE in Y9 Spring Term?

Spring:

Net-Wall Games	Fitness
• Serving • Defensive shots • Offensive shots • Defensive positioning – ready position • Offensive tactics • Defensive tactics	- Circuit Training - Cardiovascular Fitness - Strength Training - Muscular Endurance Training - Plyometric Training - Taking part in a fitness Class – Ex. Boxercise

Emerging	Achieving	Excelling
I can state the correct serving technique in Net/Wall Games I can state the correct technique for various offensive and defensive shots in Net/Wall Games I can identify the tactical decisions to be made during net/wall games on both offence and defence can perform a warm-up activity that utilizes and pulse-raiser and dynamic stretches I can participate in different physical activities that develop my fitness I can identify different components of fitness and the types of training that can be used to improve them I can set goals on how to improve my fitness	I can state and demonstrate the correct serving technique in Net/Wall Games I can state and demonstrate the correct technique for various offensive and defensive shots in Net/Wall Games I can identify and execute tactical decisions to be made during net/wall games on both offence and defence I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches I can participate in different physical activities that develop my fitness I can identify different components of fitness and the types of training that can be used to improve them I can set and justify goals on how to improve my fitness	I can state, demonstrate and self-correct the proper serving technique in Net/Wall Games I can state, demonstrate and self-correct the proper technique for various offensive and defensive shots in Net/Wall Games I can identify and execute tactical decisions to be made during net/wall games on both offence and defence with skill and precision. I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches with confidence. I can participate and challenge myself in different physical activities that develop my fitness I can set, justify and implement goals on how to improve my fitness

Topic: Net Wall Games/Fitness

Golden Nugget and Work Hard

Y9 Spring Golden Nuggets and Work Hard

	Golden Nugget	Work Hard
1	Emerging (catching up): I can state the components of a serve Achieving (keeping up): I can use and develop correct serving technique Excelling (going beyond): I can state, demonstrate consistently a range of accurate serving techniques within a game situation	Complete Serving mini-games
2	Emerging (catching up): I can state how to perform a basic return/defensive shots with some control and consistency Achieving (keeping up): I can use and develop various Return/defensive shots Excelling (going beyond): I can state, demonstrate and self-correct the proper technique for various offensive and defensive shots in Net/Wall Games	Use of various defensive shots with a partner
3	Emerging (catching up): I can state where to perform a smash shot on the court Achieving (keeping up): I can use and show an effective Spiking/Smashing shots Excelling (going beyond): I can state, demonstrate when it is the right decision to execute a tactical decision during a game	Drills to develop spiking/smashing techniques and tactics
4	Emerging (catching up): I can state some tactics that will be used in a game situation Achieving (keeping up): I can use and develop technique and tactics for effective Net Play Excelling (going beyond): I can state, demonstrate a range of techniques and tactics effectively to consistently outwit the opponents	Drills to develop net play techniques and tactics
5	Emerging (catching up): I can state what position I need to be in during games. Achieving (keeping up): I can use and develop knowledge and application of offensive Tactics and positioning Excelling (going beyond): I can state, demonstrate a range of offensive tactics and positioning effectively and consistently to create and exploit space in game situations	Small sided conditioned games with offensive tactical focus
6	Emerging (catching up): I can state the difference between an offense and defence positioning during a game Achieving (keeping up): I can use and develop knowledge and application of defensive tactics, stance and positioning Excelling (going beyond): I can state, demonstrate defensive tactics and positioning strategically to regain and maintain control of play	Small sided conditioned games with a defensive tactical focus
7	Emerging (catching up): I can state what teamwork is and link it to the relevant net wall game Achieving (keeping up): I can use and develop the themes of teamwork (Service), Striving for our best (Aspiration), Self-improvement (Reward) Excelling (going beyond): I can state, demonstrate strong teamwork skills consistently support and improve team performances	Tournament

How is your progress measured in PE in Y9 Summer Term?

Summer –

Striking/Fielding	Athletics
• Throwing • Batting • Fielding • Bowling/Pitching • Offensive Tactics • Defensive Tactics	• Sprinting – start, technique, finish • Distance running – pacing, stride technique, tactics • Shotput • High Jump • Long Jump/Triple Jump • Discus/Javelin

Emerging	Achieving	Excelling
I can state the correct throwing and batting techniques for striking/fielding games I can state the correct tactics for offense and defence in striking and fielding games I can perform a warm-up activity that utilizes and pulse-raiser and dynamic stretches I can participate in different physical activities that develop my fitness I can identify different components of fitness and the types of training that can be used to improve them I can set goals on how to improve my fitness	I can state and demonstrate the correct throwing and batting technique in Striking and Fielding Games I can state and apply tactics for offense and defence in striking and fielding games I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches I can participate in different physical activities that develop my fitness I can identify different components of fitness and the types of training that can be used to improve them I can set and justify goals on how to improve my fitness	I can state, demonstrate and self-correct the proper throwing and batting techniques in Striking and Fielding Games I can state, apply and adapt tactics for offense and defence in striking and fielding games I can perform and lead a warm-up that utilizes and pulse-raiser and dynamic stretches with confidence. I can participate and challenge myself in different physical activities that develop my fitness I can set, justify and implement goals on how to improve my fitness

Topic: Striking and Fielding Games

Golden Nugget and Work Hard

	Golden Nugget	Work Hard
1	Emerging Perform overhead throws with improved consistency and power	Throwing and catching relays
	Achieving Apply accurate and effective throwing techniques in competitive situations	
	Excelling Select the most appropriate type of throw and demonstrate speed, accuracy and tactical awareness under pressure	
2	Emerging Demonstrate controlled batting against a moving ball	Batting drills, progressing from a still ball to a ball in flight
	Achieving Apply a range of batting techniques and shot placement strategies during games	
	Excelling Consistently adapt batting choices to exploit space, field placements and game situations	
3	Emerging Perform catches and returns with improving speed and accuracy	Fielding drills for catching and throwing to bases/stumps
	Achieving Apply fielding techniques effectively to bases/stumps during competitive play	
	Excelling Anticipate play, communicate effectively and make rapid tactical decisions to prevent scoring	
4	Emerging Use basic attacking tactics within conditioned games	Conditioned Games with a focus on batting/baserunning tactics
	Achieving Apply coordinated batting and baserunning tactics to create scoring opportunities	
	Excelling Evaluate opposition weaknesses and adapt offensive strategies effectively during gameplay	
5	Emerging Demonstrate organised defensive positioning during games	Conditioned Games with a focus on defensive positioning and tactics
	Achieving Apply defensive formations and tactics to reduce scoring opportunities	
	Excelling Lead defensive organisation and adapt tactics based on opposition strengths and match context	
6	Emerging Participate positively and support teammates during competition	Tournament
	Achieving Demonstrate teamwork, resilience and communication consistently throughout competition	
	Excelling Lead others effectively, motivate teammates and demonstrate advanced	