

Year	Autumn	Spring	Summer
7	<ul style="list-style-type: none"> • Introduction to attempting and practising basic physical skills and techniques in invasion games and trampolining showing development of quality and control. • Introduction to attempting and practising basic physical skills and techniques in dance showing development of quality and control. • Introduction of ways to improve physical fitness through taking part in fitness-based activities (both in the school fitness room and out). • Development of social skills through working with others. • Development of cognitive skills through identification of simple sport specific tactics. 	<ul style="list-style-type: none"> • Introduction to attempting and practising basic physical skills and techniques in invasion games, trampolining and badminton/table tennis showing development of quality and control • Continue to develop ideas on ways to improve physical fitness through taking part in fitness-based activities (both in the school fitness room and out) • Development of social skills through working with and listening to others. • Development of cognitive skills through identification of areas for development in performance 	<ul style="list-style-type: none"> • Introduction to attempting and practising basic physical skills and techniques in athletics, showing development of quality and control • Introduction to attempting and practising basic physical skills and techniques in striking and fielding games showing development of quality and control • Development of social skills through working effectively with a small group • Development of cognitive skills through application of simple sport specific tactics

8	<ul style="list-style-type: none"> • Develop and implement basic physical skills and techniques in invasion games, trampolining and racket sports showing development of quality and control. • Development of social skills through attempting to work with different groups of peers. • Development of cognitive skills through observation of performances 	<ul style="list-style-type: none"> • Develop and implement basic physical skills and techniques in invasion games, trampolining and racket sports showing development of quality and control. • Development of social skills through appropriate expression of emotion and supporting others in need. • Development of cognitive skills through refining and changing performance appropriately. 	<ul style="list-style-type: none"> • Developing accurate performance of basic physical skills and techniques in athletics in practise and in conditioned competitive situations. • Introduction to attempting and practising basic physical skills and techniques in striking and fielding games showing development of quality and control. • Accurate application of social and cognitive skills developed during the autumn and summer terms.
9	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate physical skills and techniques in invasion sports, trampolining and racket sports during competitive 	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate physical skills and techniques in invasion sports, trampolining and racket sports during competitive situations with improving consistency. 	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate physical skills and techniques in Cricket, Rounders and Athletics in competitive situations with improving consistency.

	<p>situations with improving consistency.</p> <ul style="list-style-type: none"> • Perform physical fitness related activities showing developed technique and resilience. • Development of social skills through attempting to lead peers through a warm-up or basic skill drill. • Development of cognitive skills through increased knowledge and understanding of theory-based PE content (health, fitness components, training methods). 	<ul style="list-style-type: none"> • Perform physical fitness related activities showing developed technique and resilience. • Development of cognitive skills through increased knowledge and understanding of theory-based PE content (health, fitness components, training methods). • Development of social skills through attempting to coach peers through a basic task or skill. 	<ul style="list-style-type: none"> • Accurate application of social and cognitive skills developed during the autumn and summer term.
10	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate physical skills/ advanced skills and techniques in invasion games, trampolining and racket sports during competitive situations with improving consistency. • Perform physical fitness 	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate physical skills/advanced skills and techniques in invasion games, trampolining and racket sports during competitive situations with improving consistency. 	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate physical skills/advanced skills and techniques in cricket, athletics and rounders in games and competitive situations with improving consistency.

	<p>related activities showing developed technique and resilience.</p> <ul style="list-style-type: none"> • Development of social skills through leading peers with improved confidence. • Development of cognitive skills through successful applying a range of strategies and tactics. 	<ul style="list-style-type: none"> • Development of social skills through supporting peers to improve their performance. • Perform physical fitness related activities showing developed technique and resilience. • Development of cognitive skills through successfully applying a range of tactics and strategies. 	<ul style="list-style-type: none"> • Accurate application of social and cognitive skills developed during the autumn and summer terms.
11	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate physical skills/ advanced skills and techniques in invasion games, trampolining and racket sports during progressive practices and competitive situations. • Develop ability to select and perform appropriate physical skills/ advanced skills and techniques in fitness. • Development of social skills through leading peers with improved confidence. 	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate physical skills/ advanced skills and techniques in invasion games, trampolining and racket sports during progressive practices and competitive situations. • Develop ability to select and perform appropriate physical skills/ advanced skills and techniques in fitness. 	<ul style="list-style-type: none"> • Develop ability to select and perform appropriate physical skills/advanced skills and techniques in cricket, athletics and rounders in games and competitive situations with improving consistency. • Accurate application of social and cognitive skills developed during the autumn and summer terms

	<ul style="list-style-type: none">• Development of cognitive skills through successfully applying a range of tactics and strategies	<ul style="list-style-type: none">• Development of social skills through leading peers with improved confidence• Development of cognitive skills through successfully applying a range of tactics and strategies	
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Curriculum overview – Core PE- Bedlington.