Year	Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Accreditations
7,8,9	**Activity Area**	**Invasion Games**	**Net and Wall games**	**OAA**	**Target Games**	**Striking and Fielding Athletics**	**Athletics**	**CSLA**
	NC Targets	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Develop their technique and improve their performance in other competitive sports	Develop their technique and improve their performance in other competitive sports	
		Assessment period at the end of each unit to track progression and attainment						
	Suggested activities	Tag Rugby 6 week unit	Badminton 6 week unit	Orienteering Problem Solving Games	Golf Bowls Frisbee Golf	Softball Cricket	Running (Distances) Jumping (LJ,HJ,TJ) Throwing (Javelin, Shot Putt, Discus)	
10	**Activity Area**	**Invasion Games**	**Net and Wall games**	**OAA**	**Target Games**	**Striking and Fielding**	**Athletics**	**JSLA**
	NC Targets	Pupils will participate in practical PE 1 x weekly and theory 1 x weekly (Practical follows on from KS3) Health, Fitness and Wellbeing (Paper 2: Health	Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)	Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)	Movement Analysis (Paper 1: Fitness and Body Systems)	Sport Psychology (Paper 2: Health and Performance)	Sport Psychology (Paper 2: Health and Performance)	

		and Performance)						
		Assessment period at the end of each unit to track progression and attainment						
11		Physical Training (Paper 1: Fitness and Body Systems)	Physical Training (Paper 1: Fitness and Body Systems)	Socio-cultural Influences (Paper 2: Health and Performance)	Socio-cultural Influences (Paper 2: Health and Performance)	Preparation and revision for the exams	Preparation and revision for the exams	**PE GCSE AQA** **OCR Entry Level R463 PE**

Year	Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Accreditations
3,4,5,6	**Activity Area**	**Invasion Games**	**Net and Wall games**	**OAA**	**Target Games**	**Athletics Striking and Fielding**	**Athletics**	**CSLA**
	NC Targets	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Take part in outdoor and adventurous activity challenges both individually and within a team	use running, throwing and catching in isolation and in combination	Use running, jumping in isolation and in combination Develop flexibility, strength, technique, control and balance	Use running, jumping in isolation and in combination Develop flexibility, strength, technique, control and balance	
		Compare their performances with previous ones and demonstrate improvement to achieve their personal best.						
	Suggested activities	Ultimate Frisbee Hockey (Indoor)	Badminton Short tennis	Go find it Simple orienteering Problem solving team games	Bowls Frisbee Golf Boccia	Rounders Quick cricket	Running Jumping Throwing	

<u>Additional Activities:</u>

Pupils in KS2 will also have opportunities to participate in offsite activities.

This will include:

- Swimming @ RPA
- OAA @ Fort Purbrook/Lakeside
- Queen Elizabeth Country Park
- Gymnastics @ Chichester Gymnastics Centre (TBC)
- Onsite Judo instructor (TBC)