



	Topic 1	Topic 2	Topic 3
Year 7	<p>Topic: Being your Best</p> <p>Focus: Excellence</p> <p>Outcome: Displays exceptional levels of effort in all lessons in a desire to achieve and influences others.</p> <p>Duration: 6-12 lessons</p> <p>A range of activities which include invasion games, (rugby, netball, football, hockey, basketball) striking and fielding (cricket and rounders), athletic activities, net and wall) table tennis and badminton) gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Accepting Challenge</p> <p>Focus: Determination</p> <p>Outcome: Actively seeks out and takes on increasingly challenging situations and roles to push themselves further.</p> <p>Duration: 6-12 lessons.</p> <p>A range of activities which include invasion games ( rugby, netball, football, basketball, hockey) striking and fielding(cricket and rounders ) athletic activities, net and wall (table tennis and badminton)gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Respect for yourself– integrity</p> <p>Focus: Respect</p> <p>Outcome: Displays exceptionally high levels of sportsmanship and personal standards in PE in all activities and roles.</p> <p>Duration: 6-12 lessons</p> <p>A range of activities which include invasion games (rugby, netball, football, basketball, hockey) net and wall activities(tennis and badminton) striking and fielding (cricket and rounders) athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>
Year 8	<p>Topic: Working in your challenge zone</p> <p>Focus: Excellence</p> <p>Outcome: Able to identify a range of detailed personal targets for themselves and others that are within personal challenge zones</p> <p>Duration: 6-12 lessons</p> <p>A range of activities which include invasion games (rugby, netball, football, basketball, hockey) net and wall (badminton and table tennis), striking and fielding( cricket and rounders) , athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Demonstrating resilience</p> <p>Focus: Determination</p> <p>Outcome: Consistently demonstrates an ability to bounce back, even after repeated failure in a challenging setting.</p> <p>Duration: 6-12 lessons</p> <p>A range of activities which include invasion games (rugby netball, football, basketball ,hockey ) net and wall ( badminton and table tennis), striking and fielding ( cricket and rounders), athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Respect for others– empathy</p> <p>Focus: Respect</p> <p>Outcome: Works effectively with all and any student in the class. Is actively helpful in managing equipment, self and people.</p> <p>Duration: 6-12 lessons</p> <p>A range of activities which include invasion games (rugby, netball, football, basketball, hockey) net and wall (tennis and badminton), striking and fielding(cricket and rounders) athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>



<p>Year 9</p>	<p>Topic: Reflection and decision making</p> <p>Focus: Excellence</p> <p>Outcome: Makes thoughtful and considered reflections on own and others performance and makes appropriate, justified decisions under pressure.</p> <p>Duration: 6-12 lessons Add Table Tennis/Handball</p> <p>A range of activities which include invasion games (rugby, netball, football, basketball, hockey) net and wall (badminton and table tennis), striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Self-motivation and motivation of others</p> <p>Focus: Determination</p> <p>Outcome: Demonstrates high levels of drive and personal ambition and pushes others to achieve their best.</p> <p>Duration: 6-12 lessons Add Table tennis/Handball</p> <p>A range of activities which include invasion games (rugby , netball, football, basketball , hockey ) , net and wall( badminton and table tennis ) , striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Respect the value of physical activity</p> <p>Focus: Respect</p> <p>Outcome: a clear understanding of the wide ranging benefits of and active and healthy lifestyle and actively seeks to gain those benefits.</p> <p>Duration: 6- 12 lessons</p> <p>A range of sports which include invasion games (rugby, netball, football, basketball, hockey ) net and wall( tennis and badminton), striking and fielding(cricket , rounders and softball) athletic activities, gymnastic activities, adventurous activities, and healthy related fitness.</p>
<p>Year 10</p>	<p>Topic: Evaluation and goal setting</p> <p>Focus: Excellence</p> <p>Outcome: Able to offer a detailed evaluation of their own and others performance and have the ability to set a goal relevant to their analysis.</p> <p>Duration: 6-12 lessons</p> <p>A range of activities which include invasion games (rugby, netball, football, basketball, hockey), net and wall (badminton and table tennis), striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Developing your physical fitness</p> <p>Focus: Determination</p> <p>Outcome: Demonstrates significant progress in improving their personal level of fitness in relation to individual targets.</p> <p>Duration: 6-12 lessons</p> <p>A range of activities which include invasion games (rugby, netball, football, basketball, hockey ) , net and wall (badminton and table tennis), striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Teamwork and collaboration</p> <p>Focus: Respect</p> <p>Outcome: Highly effective teamwork (including leadership) that has a consistently positive impact on others. Collaborates well with any other person</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games (rugby , netball, football, basketball, hockey ) , net and wall ( tennis ) , striking and fielding(cricket , rounders and softball. , athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>



Year 11	<p>Topic: Demonstrating creativity, innovation and flair</p> <p>Focus: Excellence</p> <p>Outcome: Able to consistently modify and create unique responses as demanded by different, challenging situations.</p> <p>Duration: 6-12 lessons</p> <p>A range of activities which include invasion games (rugby , netball, football, basketball , hockey) net and wall (badminton ) ,striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Problem solving</p> <p>Focus: Determination</p> <p>Outcome: Demonstrate the ability assess, plan, complete and review responses to a range of physical and mental challenges. Consistently successful in solving the problem set.</p> <p>Duration: 6-12 lessons</p> <p>A range of activities which include invasion games (rugby , netball, football, basketball, hockey) , net and wall ( badminton ) , striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Leadership and communication</p> <p>Focus: Respect</p> <p>Outcome: Displays confidence and high quality communication skills in a variety of leadership roles. Independently manages others.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, net and wall ( tennis ), striking and fielding (cricket , rounders , softball.), athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>