

	Year 7	Year 8	Year 9
Cycle 1	<p>Induction to PE at CMA; Scholars learn the routines, procedures and the expectations.</p> <p>OUTWITTING OPPONENTS: Scholars will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. This element covers x3 half terms Sports may include; football, rugby, basketball, badminton, handball & netball</p> <p>GYMNASTICS: In this unit pupils will explore core skills individually and in combination. Will focus on developing stability when holding their own body position and when supporting a partner. Pupils incorporate control, precision and aesthetics into sequences showing creativity. Student will evaluate and assess movements to improve sequences.</p>	<p>The scholars are taken through the routines, procedures and the expectations again to strengthen their understanding.</p> <p>OUTWITTING OPPONENTS: Scholars will be able to use a wide range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand all of the rules. This element covers x3 half terms Sports may include; football, rugby, basketball, badminton, handball & netball.</p>	<p>The scholars are taken through the routines, procedures and the expectations again to strengthen their understanding.</p> <p>OUTWITTING OPPONENTS: Scholars will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. This element covers x3 half terms Sports may include; football, rugby, basketball, badminton, handball & netball</p> <p>OAA: Scholars will 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.</p>
Cycle 2	<p>FITNESS: Scholars will be able to perform different cardiovascular and muscular endurance exercises with some control, precision and fluency. Scholars will perform a personal exercise plan with teacher support, demonstrating knowledge of how to exercise safely and the importance of Health and Fitness. This element covers x1 half term.</p> <p>DANCE: Scholars will explore a range of key dance skills such as physical, technical, and expressive attributes. These</p>	<p>FITNESS: Scholars will be able to perform a range of cardiovascular and muscular endurance exercises with good control, precision and fluency. Scholars will perform a personal exercise plan with limited teacher support, demonstrating knowledge of the musculoskeletal system and basic joint movements. This element covers x1 half term.</p> <p>DANCE: Scholars will further explore a range of key dance skills such as physical, technical, and expressive attributes. Scholars will be able to confidently</p>	<p>FITNESS: Scholars will be able to perform an extensive range of cardiovascular and muscular endurance exercises with considerable control, precision and fluency. Scholars will perform a personal exercise programme independently, applying knowledge of The Components of Fitness and Principles of Training, justifying the purpose. This element covers x1 half term.</p> <p>DANCE: Scholars will explore an advanced range of key dance skills such as physical, technical, and expressive attributes.</p>

	<p>may include actions, dynamics, space, and relationships. Scholars will learn a variety of dance styles and techniques across this cycle providing them with a greater understanding of what makes an effective performance and piece of choreography. Scholars will have developed the ability to evaluate and analyse performances during assessment lessons and in rehearsal lessons.</p>	<p>choreograph and perform a motif. They will be able to communicate and understand theoretical concepts of specific dance terminology and provide clear and consistent feedback to reflect on their own journey and others. Scholars will receive homework tasks to build on theory knowledge and practical strengths to then be able to apply knowledge more comprehensively with a deeper, clearer understanding of the art.</p>	<p>Scholars will be working to develop their self-confidence when working with other scholars by ensuring they contribute their ideas and listen to others. They will develop their own motifs and will have the opportunity to be creative and choreograph their own dances. They will perform to others and will receive regular feedback about how to become a better performer. Scholars will develop an understanding of the different styles of dance and will look at different choreographers preparing for BTEC Dance if taken as an option in Year 10.</p>
Cycle 3	<p>ATHLETICS: Scholars will be able to demonstrate control and consistency in at least 3 field events and 2 track events. They will develop understanding of the procedure of events; knowing how to measure, time and record results. This element covers x1 half term.</p> <p>STRIKING & FIELDING/NET & WALL: Scholars will be able to use fundamental skills consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand the majority of the rules. This element covers x1 half terms. Sports may include; cricket, rounders, tennis & softball.</p>	<p>ATHLETICS: Scholars will be able to demonstrate consistent outcomes in a range of track and field events. They will know and demonstrate how to accurately measure, time and record results with teacher support. This element covers x1 half term.</p> <p>STRIKING & FIELDING/NET & WALL: Scholars will be able to use a wide range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete well in games and understand all of the rules. This element covers x1 half terms. Sports may include; cricket, rounders, tennis & softball.</p>	<p>ATHLETICS: Scholars will be able to demonstrate consistent, advanced techniques for running, throwing and jumping events to improve outcome. They will know and demonstrate how to accurately measure, time and record results independently. This element covers x1 half term.</p> <p>STRIKING & FIELDING/NET & WALL: Scholars will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. This element covers x1 half terms. Sports may include; cricket, rounders, tennis & softball</p>