

	<b>Years 7 - 11</b>	<b>Pathway 1 - 3</b>	<b>Term Autumn</b>	
<p><b>Learning Intention:</b></p> <ul style="list-style-type: none"> <li>● Pupil's will have opportunities to develop their fundamental skills, this includes; mobility, agility, balance, power</li> <li>● Pupil's will be taught correct jumping techniques.</li> <li>● To develop an appropriate technique for throwing events.</li> <li>● Provided with opportunities to compete against other pupils.</li> </ul> <p>N.B. This scheme of work is not for a specified year or age group; the activities suggested vary in difficulty and teachers will select the appropriate ones for their group and differentiate accordingly. Learning within PE utilises spiral learning, so key concepts and skills are retaught each time to counter regression and then to increase difficulty.</p>				
<b>Key knowledge that should be learned during this SoW</b>	<b>All</b>	<b>Most</b>	<b>Some</b>	
<b>Concept:</b>	<ul style="list-style-type: none"> <li>● Pupils will experience maneuvering in different directions</li> <li>● Pupils will have the opportunity to jump, using a variety of techniques</li> <li>● To use the correct technique to throw a shot put or Javelin.</li> <li>● Pupils will develop the mindset of a performer in competition, trying to achieve the best score possible.</li> <li>● Pupils will develop an understanding of 'self motivation', 'motivating others', 'resilience' and understand why this is important for school and</li> </ul>			

	life after Meadow.		
<b>Knowledge:</b>	<ul style="list-style-type: none"> <li>● Staying in the correct lane during a race.</li> <li>● Safety during different events.</li> <li>● Different ways to jump</li> <li>● Different ways to throw</li> </ul>	<ul style="list-style-type: none"> <li>● Understanding the importance of 'self motivation', 'motivating others', 'resilience'.</li> </ul>	<ul style="list-style-type: none"> <li>● Analysing performances and suggesting how to improve.</li> </ul>
<b>Key Skills:</b>	<ul style="list-style-type: none"> <li>● Running.</li> <li>● Throwing</li> <li>● Jumping</li> </ul>	<ul style="list-style-type: none"> <li>● Balancing</li> <li>● Holding the shot put/ javelin correctly.</li> <li>● Competing as a team</li> </ul>	<ul style="list-style-type: none"> <li>● Measuring own throws and jumps.</li> <li>● Timing running events.</li> <li>● Understanding 'self motivation' and individual goal setting.</li> </ul>
<b>Language and/or communication skills:</b>	<ul style="list-style-type: none"> <li>● <i>Mobility</i></li> <li>● <i>Agility</i></li> <li>● <i>Team</i></li> <li>● <i>Power</i></li> <li>● <i>Push</i></li> </ul>	<ul style="list-style-type: none"> <li>● <i>Swing</i></li> <li>● <i>Concentration</i></li> <li>● <i>Accuracy</i></li> <li>● <i>Core</i></li> </ul>	<ul style="list-style-type: none"> <li>● <i>Self Motivation</i></li> <li>● <i>Motivating others</i></li> <li>● <i>Team work</i></li> <li>● <i>Resilience</i></li> </ul>

	<ul style="list-style-type: none"> <li>● <i>Balance</i></li> </ul>		
<b>Curricular Links</b>	<ul style="list-style-type: none"> <li>● Literacy (key words).</li> <li>● Citizenship (helping their peers to improve).</li> <li>● Science (bodily functions and healthy lifestyle consequences),</li> <li>● ICT (use of video analysis, looking at the perfect model).</li> <li>● Maths (measuring and timing).</li> <li>● Career (The importance of maintaining fitness, how to maintain fitness and the key life skills of 'self motivation', 'motivating others', 'resilience', 'team work').</li> </ul>		