



Stay at Grange Park. Repeat if grade 4 not achieved.

Stay at Grange Park. Continue attending gym, etc

Continue your lifelong love of learning and personal development

Research on the rules of sport and sports equipment

Cardio - Use a range of gym equipment

Understanding the importance of staying healthy and fit in adulthood

Move onto college. Continue to work on health and fitness

SPORTS AND FITNESS ASDAN COURSE

SWIM/GYM

HEALTH & FITNESS

KS5



Development of skills and techniques used within different events.

Participation in a range of indoor and outdoor sports

Swim - Lane Swimming
Strength - Using weights and strengths equipment

Development of skills and techniques used within different events.

ATHLETICS

YEAR 11

FITNESS

INVASION GAMES

TRAMPOLINING & PARKOUR

NET GAMES

STRIKING & FIELDING GAMES

Development of complex tactics and techniques

Development of knowledge on planning and training for health and fitness goals

Development of routines using prior knowledge



Further development of tactical and technical aspects

STRIKING & FIELDING GAMES

Developing understanding of the transfer of skills and techniques within different sports



Introduction to different variations of fitness methods

Developing understanding of the transfer of skills and tactics within different sports

Development of skills and techniques used within different events.



Skill development in Badminton introduction to doubles variation and then Pickleball

YEAR 10

ATHLETICS

FITNESS

TARGET GAMES

YEAR 10

ATHLETICS

STRIKING & FIELDING GAMES

NET GAMES

TRAMPOLINING & PARKOUR

Jump and flip development. Introduction to Parkour

Development of advanced movements including back flips. Body and spatial awareness

Introduction to Boccia and development of aim

Development of tactical aspect of cricket. Introduction to ultimate frisbee

Development of twists, turns, jumps and flips

Introduction to link between dance and benefits to health (e.g. Zumba, etc). Development of basic rules in racket sports

Development of skills within events covered. Introduction of events including cross-country, high jump

Introduction to Rugby/Tag Rugby. Development of technical and tactical skills

Development of problem solving and navigation

GYMNASTICS & TRAMPOLINING

DANCE & NET GAMES

STRIKING & FIELDING GAMES

ATHLETICS

YEAR 9

INVASION GAMES

INVASION/TARGET GAMES

INVASION/TARGET GAMES

YEAR 8

YEAR 8

ATHLETICS

STRIKING & FIELDING GAMES

DANCE & NET GAMES

GYMNASTICS & TRAMPOLINING

NET/WALL GAMES

INVASION GAMES

YEAR 7



Developing hand-eye coordination and reaction time through aim. Working on patience and waiting skills

TARGET GAMES

GYMNASTICS & DANCE

SWIMMING

OAA

NET/STRIKING & FIELDING GAMES

ATHLETICS

Development of skills within events covered. Introduction of events including relays, triple jump, shot putt

Development of basic jumps and ways to travel between different movements



Developing leadership skills and problem solving skills



Develop the skills to engage in PE and different types of physical activities

YEAR 6

YEAR 6

Development of hand-eye coordination in racket/bat based sports

Looking at how the body works as a whole, including balance, twists and rolls

Developing team work skills and building relationships

ATHLETICS

NET/WALL GAMES

INVASION GAMES

GYMNASTICS & DANCE

SWIMMING

OAA

YEAR 5

YEAR 5

Introduction to different track (sprints, mid-distance) and field events (long-jump, javelin)

Introduction to sports involving attacking and defending



Water safety and basic strokes (front crawl, back stroke, breast stroke)



Baseline assessment within first PE lessons

Understand the importance of PE for physical and mental benefits

Develop a lifelong love of learning

