

Theme/ Concept	KS2	Year 7 Understand/apply core skills across sports	Year 8 Understand/apply advanced skills across sports	Year 9 Apply core/advanced skills	Year 10 Competition & participation	Year 11 Competition & participation	Post-16	
Range of sports and activities	Gymnastics, Dance, OAA, Invasion games, Net games, Athletics, Swimming, Striking and Fielding	<ul style="list-style-type: none"><li>• Tag Rugby</li><li>• Badminton</li><li>• Athletics</li><li>• Softball</li></ul>	<ul style="list-style-type: none"><li>• Football</li><li>• Fitness</li><li>• Tennis</li><li>• Orienteering</li></ul>	<ul style="list-style-type: none"><li>• Basketball</li><li>• Gymnastics</li><li>• Rounders</li><li>• Inter house.</li></ul>	<ul style="list-style-type: none"><li>• Netball</li><li>• Dance</li><li>• Cricket</li></ul>	Same as key stage 3 plus Trampolining, Table Tennis, Handball, Volleyball, Boxing.	Same as key stage 3 plus Trampolining, Table Tennis, Handball, Volleyball, Boxing.	Body Systems and the Effects of Physical Activity
Quality of skills and tactics	Running, jumping, throwing and catching; competitive games; flexibility, strength, technique, control and balance.	Acquiring core skills through drills/practice on key fundamental skills of each sport or activity e.g. running, throwing catching, movement and gameplay	Applying skills from year 7 and developing these. Applying advanced skills and use of tactics and strategy in competition.	Development of tactics and strategies in competition. Analyse the tactics and skills used as individual or team.	Tactics and strategies applied in competition. Individual activities are analysing performance and how to improve participation.	Gameplay and participation	Sports Coaching and Activity Leadership	
Healthy Active lifestyles and Wider benefits		These two strands are taught and sequenced across a range of sports which are identified on our curriculum map for key stage 3 and 4.  Healthy Active Lifestyles refers to the knowledge pupils need to do exactly that, lead a healthy active lifestyle. Our curriculum builds over time with pupils studying each part of healthy active lifestyle across a range of sports in each year. Knowledge taught to pupils within 'Healthy Active Lifestyle' includes health and fitness, heart rate, fitness testing, goal setting, effects of an unhealthy lifestyle, club links, components of fitness and the effects of exercise.  Wider Benefits includes the study of knowledge that will ensure our pupils leave knowing more about how lessons within sport can benefit their life beyond Noel Baker Academy. Knowledge taught in this includes quality of movement and posture, evaluation of movement, self-confidence, empathy, problem solving and critical thinking, leadership and organisation, competitiveness, mental determination, resilience, perseverance, sportsmanship, nutrition and encouragement.					Sports Organisation and Development	

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<b>Sports leadership</b>	<i>Running, jumping, throwing and catching; competitive games; flexibility, strength, technique, control and balance.</i>	Pupils are encouraged to lead warm ups, organise team mates and design their own learning in certain sports. This is linked to the wider benefits.	Pupils will develop their own warm ups, organise team mates and design their own learning in certain sports. This is linked to the wider benefits.	Pupils will lead warm ups, organise team mates and design their own learning in certain sports.  Pupils will have opportunity to access the sports leaders UK course.	Sports leaders UK and Derby County Community will lead training of pupils who complete the Cambridge National Sports Science and other pupils.		