

Year 7 Football Scheme of Work

Lesson/Skill	Lesson Outcome	Key Teaching Points	Drills/Exercises	Rule	Skills	Preview Learning
Interleaving Linking attacking movement in games to handball attacking strategies						
Passing	To be able to pass the ball successfully in a competitive situation	Use inside of foot, standing foot next to ball, use the correct amount of power	2 cones passing to a partner, move around a square passing and moving, 2v2 3v3 passing drills within a square	Ball must stay in play	Analysis Creativity Problem Solving Evaluation	Passing https://www.youtube.com/watch?v=Sm-u_ESEmjE
						Assessment – Amount of successful passes in game
Dribbling	To be able to dribble the ball with control in an isolated and competitive situation	Keep ball close to feet, look up to see opponents and team mates, use inside and outside of foot	Dribble through cones, dribble to partner and pass, dribbling in a square, keep ball in square (last player standing)	Foul if opponent kicks leg, ball must stay in play	Creativity Problem Solving	Dribbling https://www.youtube.com/watch?v=p8JdwmHKZIs
						Assessment – Successful dribbles past opponent
Shooting/Heading	To be able to consistently hit the	Use laces for more power, use inside of foot for	Team mate laying off for partner to shoot, cones in corner of goal to encourage	If wide, goal kick, ball must cross line	Analysis Creativity Solving	Shooting https://www.youtube.com/watch?v=DwffKbmZcFc

	target when shooting at goal	control, knee and head over ball, standing foot next to ball	accuracy, penalty shootout	to be a goal		
						Assessment – Amount of times hit the target in game
Game Play	To be able to outwit your opposing team	Pass around opposition, movement off of the ball	Small sided games in small areas, no goalkeepers, small goals, points awarded for passing success	No fouls, no handballs	Analysis Creativity Problem Solving Evaluation	Defending https://www.youtube.com/watch?v=x7w-B8anTm8 https://www.youtube.com/watch?v=oYjvvQ7RWMM
						Assessment – Time period without conceding a goal
Game Play	To use tactics successfully in game situations	Defensive positioning, attacking positioning	9 a side games with players in specific positions, encourage them to stay in position and work as a team	Offside introduced	Analysis Creativity Problem Solving Evaluation	Attacking Game Play https://www.youtube.com/watch?v=eXMP8hzjics
						Assessment – Answer Q's about shape and formation
Game Play	To be able to play full size football match with knowledge of rules	Play by all rules used in professional game	9 a side games	All rules used	Analysis Creativity Problem Solving Evaluation	Rules of Football https://www.youtube.com/watch?v=gg566N-eDWo&t=125s
						Assessment – Influence of full game

Year 7 Rugby Scheme of Work

Lesson/Skill	Lesson Outcome	Key Teaching Points	Drills/Exercises	Rule	Skills	Preview Learning
Interleaving	Ball handling skills linked to handball and basketball, strategies to get beyond defensive line linked to football					
Passing	To be able to successfully pass a rugby ball in game play	Both hands on ball, one under for support, don't need to spin ball, eyes on target, hands follow through	Groups of 4 or 5 in a channel passing down the line Groups of 3 stationary passes to each other 3 v 3 or 2 v 2 walking rugby in a grid, aim to get one end to the other	Pass must go backwards	Analysis Creativity Problem Solving Evaluation	Rules of Rugby https://www.youtube.com/watch?v=smnuRhNtT2E Passing https://www.youtube.com/watch?v=SiGE7z1OnJQ
						Assessment – Successful passes in game
Tackling	To be able to use the correct technique when tackling in a small game	Ring of steel around opponents waist, cheek to cheek, use shoulder, wide stance	1 v 1 stationary tackling 1 v 1 walking tackling Tackling from on knees position Tackling a pad Small games walking rugby Small running rugby 1 group contact 1 non-contact	No high tackling round neck	Analysis Creativity Problem Solving Evaluation	Tackling https://www.youtube.com/watch?v=EH7yPGbebuY
						Assessment – Successful tackles in game

Rucking	To be able to ruck correctly in a game situation	Clear out opposing players, get low, feet wide apart, scrum half to collect ball	4/5 lanes, 1 player on pad, other players clearing pad out Progress to extra player collecting ball Progress to extra player passing ball from ruck Moving rucks down pitch Small games, stop game play to create ruck	No high tackles, offside rule	Analysis Creativity Problem Solving Evaluation	Rucking https://www.youtube.com/watch?v=2htLUcu-lcs https://www.youtube.com/watch?v=2iMHprgNbU
						Assessment – Being able to stick to all rules in the ruck
Scrum	To be able to scrum correctly in rugby	Correct grip on team mate, keep low, push with shoulders	Squeeze, dip, shove Front row set up Second row set up Flanker	Do not collapse scrum	Analysis Creativity Problem Solving Evaluation	
						Assessment – Answering Q’s about when a scrum is used and why
Game Play	To be able to full size team game	Play by all rules in full size	12-15 a side games	All rules	Analysis Creativity Problem Solving Evaluation	Outwitting your Opponent https://www.youtube.com/watch?v=zjLgoReDBGw
						Assessment – Influence of full size game

Year 7 Handball Scheme of Work

Lesson/Skill	Lesson Outcome	Key Teaching Points	Drills/Exercises	Rule	Skills	Preview Learning
Interleaving	Attacking and defensive strategies linked to basketball, movement off the ball linked to football/basketball					
Passing	To be able to use a range of passes in a conditioned game	Shoulder pass, bounce pass, chest pass, footwork when passing, bounce in correct place, correct hand shape	In pairs using a variety of passes facing each other, progress to moving laterally Small sided games in small areas using variety of passes	No more than 3 steps before pass	Analysis Creativity Evaluation	Passing https://www.youtube.com/watch?v=tMLu3zWV3Sg
						Assessment – Successful passes in a game
Dribbling	To be able to dribble effectively in a conditioned game	Use fingertips, keep head up, bounce waist height	Dribbling in and out of cones, dribbling up and around cones, 2 v 2, 3 v 3 games focus on dribble	No more than 3 steps with ball in hand, no pushing/tripping	Creativity Evaluation	Dribbling https://www.youtube.com/watch?v=ycoJ9U36toI
						Assessment -
Shooting	To be able to shoot	Transfer weight	Pass into server, return pass, shoot	Cannot enter 6 metre area	Analysis Creativity	Shooting https://www.youtube.com/watch?v=kl_a2_FfyEE

	with accuracy consistently	from low to high, jump in air before shot, arm at right angle, release ball from highest point, aim low	Use of bench laid down to encourage low shots Targets in goal to aim at	before shot, can land in there after follow through	Problem Solving Evaluation	
						Assessment – Amount of times hit the target in game
Attacking	To understand how to attack as a team	Pass across attacking line to create space for shot, find strong shooters to shoot, stretch opponents by using wide players	3 v 3 and 4 v 4 to encourage wide play Attack vs Defence at goal 6v6 to replicate real game play Assign positions	Ball must stay in play Cannot enter 6 metre area No fouling	Analysis Creativity Problem Solving Evaluation	Outwitting your Opponent https://www.youtube.com/watch?v=t9zIYsup1-M
						Assessment – Answer Q's on most effective way of attacking
Defending	To understand how to	Man to man defence, pass player	1 v 1 to work on hands up to block shots	Ball must stay in play	Analysis Creativity Problem Solving	Defending https://www.youtube.com/watch?v=fpjly0_KF00

	defend as a team	on when they change position, hands up to block shots	2 v 2 to work on marking and shot blocking Attack vs Defence at goal	Cannot enter 6 metre area No fouling	Evaluation	
						Assessment – Amount of time without conceding a goal in game
Game Play	To be able to have an impact on a competitive game	Pass and move, shoot when you can, run back to make defensive shape as quick as possible	Full sided games with referee	All rules	Analysis Creativity Problem Solving Evaluation	Pass/Move/Attack https://www.youtube.com/watch?v=nFa37oRak3E Rules of the Game https://www.youtube.com/watch?v=69Ap8WsenXc
						Assessment – Influence of full game

Year 7 Softball Scheme of Work

Lesson/Skill	Lesson Outcome	Key Teaching Points	Drills/Exercises	Rule	Skills	Preview Learning
Interleaving	Batting technique similar to rounders, use of fielding techniques closely linked to cricket					
Throwing & Catching	To be able to throw and catch effectively in a conditioned game	<p>Throwing – stand sideways on, non-throwing arm aiming, arm back behind body at right angle, follow through</p> <p>Catching – Eyes on ball, hands up ready to catch, use to hands kept together, pull hands back to cushion impact</p>	Pairs working on technique, throwing against a wall, use of softer objects to work on distance and power, last pair standing catching competitions, use of mitts and at all times to get pupils used to it	Throw to base to get batter out, catch to get them out	Analysis Evaluation	
						Assessment – Successful catches and throws in game
Fielding	To be able to use different fielding techniques in a conditioned game	Long barrier – sideways on, leg and foot creating barrier to stop ball, throw ball back to pitcher/base as quick as possible	Pairs using long barrier technique (in position already/get in position once balls rolling), moving ball pick up and throw to base with use of mitt	Throw to base to get batter out, catch to get them out	Creativity Problem Solving	

						Assessment – Consistency of fielding quality
Batting	To be able to use the correct batting technique in a game situation	Rear arm bent, back foot on toe, eyes on ball, head half way between both feet	Technique focus without ball (peer assessment), Use of smaller balls to improve hand eye coordination, game play	3 strikes and you are out, batting order must remain the same	Analysis Creativity Problem Solving Evaluation	
						Assessment – Amount of runs scored in game
Game Play	To be able to make a contribution to your team in a competitive game	Use of all techniques learnt	Full sided games 9v9 Scored properly with use of correct fielding positions	All rules used	Analysis Creativity Problem Solving Evaluation	
						Assessment – Influence on full game

Year 7 Netball Scheme of Work

Lesson/Skill	Lesson Outcome	Key Teaching Points	Drills/Exercises	Rule	Skills	Preview Learning
Interleaving	Link footwork, passing technique and movement to Basketball.					
Footwork	To be able to demonstrate footwork within an isolated and competitive situation.	1-2 landing 2-2 landing Pivot Pass the ball in FRONT of the player. CoF – Speed, Agility, Aerobic Endurance	1-2, 2-2 landing without the ball. 1 feeder, 1 attacker. Passing and moving into space. Play 2v2/5v5	Footwork – free pass	Analysis Evaluation	Footwork https://www.youtube.com/watch?v=rtnDm52t_eM
						Assessment – To demonstrate footwork.
Passing/Shooting	To be able to demonstrate a range of passes and shot successfully.	Chest Bounce Shoulder Set-Shot CoF – Power, Co-ordination, Muscular Endurance	Passing in pairs. Passing on the move. Shooting in pairs, Shooting on the move. Shooting and Passing drill on the move INCL footwork in all drills. Play 2v2/5v5	3 seconds – free pass	Analysis Evaluation	Passing https://www.youtube.com/watch?v=0hUYFmkRIBg Shooting https://www.youtube.com/watch?v=wGUXLYXvzU
						Assessment – To know the key points of passing and shooting.
Attacking	To be able to outwit your	Dodging – straight, faint, double faint.	In 3's 1 attacker, 1 defender, feeder.	3 seconds – free pass	Problem Solving Creativity	https://www.youtube.com/watch?v=s1LJDtgNrCY

	opponent using a range of techniques.	CoF – Speed, Agility, Balance	Defender works at 50%/75%/100% Play 2v2/5v5	Contact – penalty pass		
						Assessment - To demonstrate different ways to beat the defender.
Defending	To be able to stop your opponent from getting the ball.	First/Second Line Defence CoF – Balance, Reaction Time,	In 3's 1 attacker, 1 defender, feeder. Attacker works at 50%/75%/100% First line – in front of the player Second line – arms up and over. Play 5v5/7v7	Obstruction – penalty pass Contact – penalty pass	Problem Solving Analysis Evaluation	https://www.youtube.com/watch?v=lzPJPCg5SCg
						Assessment – To answer questions about first and second line defence.
Game Play	To learn the positions on a full size court.	Positions Movement on court towards the ball. Spatial awareness. CoF – Agility, Speed, Aerobic Endurance.	Range of centre passes. Timing of the run/movement. Play 7v7	Offside/Braking – free pass	Analysis Creativity Problem Solving Evaluation	https://www.youtube.com/watch?v=P9qu84KmWv4
						Assessment – To be able to successfully move the ball down the court in space.
Game Play	To play a competitive game of Netball	Positions Movement on court. Spatial awareness.	Play 7v7 game including all of the rules. Timing of the run.	All rules.	Analysis Creativity Problem Solving Evaluation	Rules https://www.youtube.com/watch?v=V1qINnl-Dis

	ng the rules of the game.	CoF – All of the above.				
						Assessment – To be effective in the game.

Year 7 Badminton Scheme of Work

Lesson/Skill	Lesson Outcome	Key Teaching Points	Drills/Exercises	Rule	Skills	Preview Learning
Interleaving	Spatial awareness link to Invasion Games,					
Overhead Clear	To be able to use an overhead clear to keep a rally going.	Grip – Shake hand with racquet. Side on Open racquet face. Hit the shuttle above head with power so it lands at the back of the court. CoF – Balance, Power, Co-ordination, Reaction Time, Muscular Strength	Pairs – feeder plays the shuttle high in the air. Worker – aims for the back of the court. Cones – aim for the corners Rally in pairs – pushing each other back. Game - Singles	One hit over the net NO double hit.	Analysis Evaluating	Overhead Clear https://www.youtube.com/watch?v=S2brZPqx288 Rules of Badminton https://www.youtube.com/watch?v=UyLli-TbcFc
						Assessment – Be able to demonstrate an overhead clear Answer questions.
Serve	To demonstrate a serve and use it in an isolated competitive situation.	Forehand serve. Backhand serve. Short and Long serve CoF – Balance, Power, Co-ordination.	Practice different serves – aiming for the corners of the service box. Bonus points for getting it into the specific area. Serving against an opponent. Game – Doubles – serve away from the receiver.	Service box – over the line/diagonal serve. Starting height of shuttle. Win the point keep the shuttle.	Analysis Evaluating	Rules of Serve https://www.youtube.com/watch?v=B-2rkFNZuuQ Long Serve https://www.youtube.com/watch?v=mvdIh5E_opU Short Serve https://www.youtube.com/watch?v=yaEfnpA9rus

						Assessment – Demonstrate short serve – know the key teaching points.
Drop Shot	To demonstrate a drop shot and use it in an isolated and competitive situation.	Change of Speed and Height. When to use the drop shot effectively? CoF – Balance, Power, Co-ordination.	Pairs – feeder playing the shuttle – partner using a drop shot back. Cones – bonus points if it lands within an area on the court. Rally – keeping play going and then trying to outwit your opponent. Game – Singles	Playing area boundaries . Reminder of all the above rules.	Problem Solving Analysis Evaluating	Drop Shot
						Assessment -
Game Play	To play a competitive game (singles)	Keep the shuttle away from your opponent. Find the space. CoF – Balance, Co-ordination, Speed, Reaction time, Power, Muscular Endurance.	Play a ladders tournament moving up and down the board.	All Rules.	Creativity Problem Solving Analysis Evaluation	Tactics – Game Play https://www.youtube.com/watch?v=kS7WRUoD2fo Singles Game Play https://www.youtube.com/watch?v=GujCpmYulXs
						Assessment -
Game Play	To play a competitive game (doubles)	Talk to each other – front and back space or side by side space. Alternate servings CoF – Balance, Co-ordination, Speed, Reaction time, Power, Muscular Endurance.	Play a ladders tournament moving up and down the board.	Alternate serve All Rules	Creativity Problem Solving Analysis Evaluation	Doubles Game Play https://www.youtube.com/watch?v=fBatLABS6o4
						Assessment -

Game Play	To play in a competitive situation.	Movement on court. Spatial awareness. CoF – Balance, Co-ordination, Speed, Reaction time, Power, Muscular Endurance.	Play a ladders tournament moving up and down the board.	All Rules	Creativity Problem Solving Analysis Evaluation	
						Assessment -

Year 7 Rounder's Scheme of Work

Lesson/Skill	Lesson Outcome	Key Teaching Points	Drills/Exercises	Rule	Skills	Preview Learning
Interleaving	Fielding link to Cricket and batting link to Softball.					
Throwing & Catching	To be able to throw and catch the ball consistently throughout the lesson.	Step opposite foot to arm. Transfer of weight. Follow through. CoF – Power, Co-ordination, Balance.	Throw the ball to your partner, over and under arm. Throw the ball to the bases. Play a game with no bats – batters throw 3 balls out to the fielders then run around the bases.	Make contact with the ball and post to get someone out.	Analysis Evaluation	
						Assessment -
Batting	To be able to hit the ball in an isolated and competitive situation.	Hold it with one hand. Sideways on. Watch the ball swing from back to front. CoF – Power, Co-ordination, Balance, Muscular Strength,	4's batter, fielder, back stop and bowler. Safety square with everyone hitting away from the box. Play a game – batter gets to hit 3 balls and then run around the bases.	Run out of the side of the box. Run around the outside of the bases. Hold onto the base while you are waiting to run onto the next base.	Analysis Evaluation	
						Assessment -
Bowling & Fielding	To be able to bowl and be an effective team member when	Fielding – get down low to stop the ball. Start deep to run onto the ball.	Pairs – long and short barrier work. One feeder the other working.	Bowl between head and knee height - no bounce.	Analysis Evaluation	

	fielding within the game.	Bowling – underarm step into the bowl. CoF – Power, Co-ordination, Balance, Speed, Reaction Time.	Chain fielding – throwing the ball from a distance to the bases. Game play – long and short barrier only.			
						Assessment -
Game Play	To be able to play within the game and be an effective member of the team.	Fielding positions. How to score. CoF – All of the above.	Play a Game (full class) Spilt the group into 2 teams and rotate around. No outs – 3 hits each focus on batting.	Hitting the ball behind – first base only.	Creativity Problem Solving Analysis Evaluation	
						Assessment -
Game Play	To be able to play within the game and be an effective member of the team.	Tactical awareness of the game. CoF – All of the above.	Play a Game (full class) Spilt the group into 2 teams and rotate around. 3 outs – all out focus on fielding	All rules.	Creativity Problem Solving Analysis Evaluation	
						Assessment -
Game Play	To be able to play within the game and be an effective member of the team.	Tactical awareness of the game. CoF – All of the above.	Play a Game (full class) Spilt the group into 2 teams and rotate around.	All rules.	Creativity Problem Solving Analysis Evaluation	
						Assessment -

Year 7 Gymnastics Scheme of Work

Lesson/Skill	Lesson Outcome	Key Teaching Points	Drills/Exercises	Rule	Skills	Preview Learning
Interleaving	Creativity linking to tactical awareness within team games.					
Balance	To be able to demonstrate a range of balances, using different body parts.	2-5 point balances Full body extension. CoF – Balance, Flexibility, Muscular Strength	Individual – 2-5 point balances Pairs – more than 5 point balances. Movement in and out of the balance.	N/A	Creativity Analysis Evaluation	
						Assessment -
Rotation	To be able rotate around the different axis.	Planes of movement. Sagittal Plane – cuts the performer in half – cartwheel. Horizontal Plane – separates top and bottom of the body – somersault. Frontal Plane – front to back – forward roll. CoF – Balance, Flexibility, Muscular Strength, Speed	Individual – forward/backward roll. Teddy roll/pencil roll. Cartwheel. Pairs – rotating together. Movement in and out of roll.	N/A	Creativity Analysis Evaluation	
						Assessment -

Levels	To demonstrate different levels within a routine.	How to create different levels. Use of equipment/partner CoF – Balance, Flexibility, Muscular Strength, Power	Individual – use of the bench and different levels. Pairs – different levels with a partner. Movement in and out of the level.	N/A	Creativity Analysis Evaluation	
						Assessment -
Canon/Unison	To demonstrate canon and unison within a performance.	Canon – 1 after another. Unison – all together CoF – Balance, Flexibility, Muscular Strength, Power	Pairs – producing own canon and unison ideas. Movement in and out of canon/unison. Starting to build a routine.	N/A	Creativity Analysis Evaluation Problem Solving	
						Assessment -
Sequences	To produce a sequence/routine within a group.	Use a range of skills from the unit of work. Full Extension Performance expectations. CoF – Balance, Flexibility, Muscular Strength, Power	Building a sequence. Linking movements. Clear start and finish.	N/A	Creativity Analysis Evaluation Problem Solving	
						Assessment -
Performance	To perform in front of an audience with success.	Performance skills. CoF – Balance, Flexibility, Muscular Strength, Power	Practice and perform the final sequence.	N/A	Creativity Analysis Evaluation	
						Assessment -

Year 7 Athletics Scheme of Work

Lesson/Skill	Lesson Outcome	Key Teaching Points	Drills/Exercises	Rule	Skills	Preview Learning
Interleaving	Linking Components of Fitness from all sports.					
Shotput	To be able to show the correct technique when using the shotput.	Fingertips not palm. Dirty neck/Clean palm High Elbow Transfer of weight High release. CoF – Power, Speed, Muscular Strength	In pairs – different ways to throw the shot. Technique with a tennis ball. Practice releasing the shot. Competition – measurement.	Do not cross throwing the line when throwing Throw/Collect	Analysis Evaluation	How to throw a shot. https://www.youtube.com/watch?v=tHVMufMECPo
						Assessment – Remember key teaching points.
Javelin	To be able to show the correct technique	Grip - Bunny Ears Full hand grip. Sideways on Straight arm passed ear.	In pairs – Go through the technique without javelin.	Do not cross throwing the line when	Analysis Evaluation	How to throw a javelin. https://www.youtube.com/watch?v=4VXiBOf-8Xs

	when using the javelin.	Pull the Javelin through elbow first. Release high. Finger tips pointing where you want it to go. Transfer of Weight. CoF – Power, Speed, Muscular Strength	Use a tennis ball to practice technique. Practice technique with javelin. Competition – measurement.	throwing . No throw – if the tail touches the ground first. Throw/C ollect		
						Assessment – key T.P and demonstration.
Discus	To be able to show the correct technique when using the discus.	Ridge of finger tips. Straight arm by the side of the body. Opposite hand high and flat. Take discus from side to top hand. Release high off index finger. CoF – Power, Speed, Muscular Strength	In pairs – Go through the technique without discus. Practice technique with discus. Competition – measurement	Do not cross throwing the line when throwing Throw/C ollect	Analysis Evaluation	How to throw a discus. https://www.youtube.com/watch?v=jVk4VoWeVEA
						Assessment - key T.P and demonstration.
High Jump	To be able to show the correct technique when	Run Up – Work on a J drive. Scissor Kick – lead leg nearer the bar.	Kick lead leg to decide run up side. Practice scissor kick without the	Take off from one foot.	Creativity Analysis Evaluation	How to be successful at the high jump. https://www.youtube.com/watch?v=XBtBdNHbNSI

	competing in the High Jump.	Drive up and land on bottom. Flop – turn of hip and land on lower back. CoF – Power, Speed, Muscular Strength	bar then with the bar. Practice flop with/without bar. Competition – jumping competition over the bar.			
						Assessment – key T.P and demonstration.
Long Jump	To be able to show the correct technique when competing in the Long Jump.	Run Up – Stay upright and drive your legs (sprint technique) Take off – on the board, 1-2 landing (feet/bottom) CoF – Power, Speed, Muscular Strength	Practice different take off/landings. Practice landing forwards. Competition – jumping	Measurement from where you land – last body part.	Analysis Evaluation	Long Jump for Beginners https://www.youtube.com/watch?v=RTTz6RXwDcE
						Assessment - key T.P and demonstration.
Sprint	To be able to show the correct sprint start and sprinting technique in an isolated and competitive environment.	Leg – right angle Elbow – right angle Hands – cutting the air. Head – straight looking towards the line. CoF – Power, Speed, Muscular Strength	Practice sprint starts and sprint technique over a short distance. Race against each other.	Start behind the line. False start.	Analysis Evaluation	Sprint technique. https://www.youtube.com/watch?v=9riEiVRuDRs
						Assessment - key T.P and demonstration.

Middle Distance	To be effective within a middle distance race.	Relaxed upper body. CoF – Power, Speed, Aerobic/Muscular Endurance	Pacing Completing 2 laps at the same speed. Race against each other min 800m	Start behind the line. False start.	Problem Solving Analysis Evaluation	Middle Distance https://www.youtube.com/watch?v=-5rMefWoYaY
						Assessment - key T.P and demonstration.

Year 7 Basketball Scheme of Work

Lesson/Skill	Lesson Outcome	Key Teaching Points	Drills/Exercises	Rule	Skills	Preview Learning
Interleaving	Footwork and passing techniques from Netball					
Dribbling	To be able to demonstrate a range of dribbling with both hands	Hand position. Use pads of the hand. Ball bouncing at correct height. Ability to dribble on either hands.	Dribbling in pairs. Grps of 6 – keep ball with a dribble. One defender to steal the ball. End ball using benches.	Double dribble. Travelling.	Analysis Evaluation	https://www.youtube.com/watch?v=bnjed9YVCRs https://www.youtube.com/watch?v=1K0rlzOXOZY https://www.youtube.com/watch?v=MRrNi7uHmaY https://www.youtube.com/watch?v=y9co2GbNZCY
						Assessment – To demonstrate dribbling/answer questions.

Passing	To be able to demonstrate a range of passing in closed practises.	Wide stance, stepping into the pass. Thumbs pointing down. Fingers behind the ball High elbows	In pairs, chest pass, bounce pass. 3v1 piggy in middle. Bench ball, no dribbling.	Double dribble. Travelling.	Analysis Evaluation	https://www.youtube.com/watch?v=NryYEOkWSgU https://www.youtube.com/watch?v=Sc8ktctLxLQ https://www.youtube.com/watch?v=8tCs7T_T9pl https://www.youtube.com/watch?v=ljjU6LvHKHM
						Assessment – To be able to demonstrate a successful pass.
Shooting – Set Shot	To be able to shoot successfully using the BEEF technique	Feet shoulder width apart. Eyes seeing the target underneath the ball. Elbow at 90 degrees. Fick the wrist on release. Hit the top corner of the black square on back board.	Groups of six – 3 shooters, three rebounders. Shoot and rebound, replace the opposite line.	Scoring – 2pts or 3pts.	Analysis Evaluation	https://www.youtube.com/watch?v=AeIV97k_w6w https://www.youtube.com/watch?v=BgEzaJugxP4 https://www.youtube.com/watch?v=ihKEQGn3KNo
						Assessment – Answer questions on the main teaching points – BEEF

Shooting – Lay Up	To be able to shoot successfully using two steps.	Two steps in correct order before releasing the ball in one hand about eye level. Hit the top corner of the black square on back board.	Groups of six – 3 shooters, three rebounders. Shoot and rebound, replace the opposite line.	Correct footwork to avoid travelling.	Analysis Evaluation	https://www.youtube.com/watch?v=lZ1h5peMrds https://www.youtube.com/watch?v=Tm7N2HU4noQ https://www.youtube.com/watch?v=hI0aUdwBAqw
						Assessment - Answer questions on the main teaching points
Passing 2#	To be able to demonstrate passing while under pressure	Man to man marking. Denying space. Denying the pass.	Fish and shark, can you get away from your marker. Start without the ball, add in a dribbler.	High hands/ Wide stance. No contact. Basketside defence	Problem Solving Creativity	https://www.youtube.com/watch?v=glc6aHFYHNk https://www.youtube.com/watch?v=WSz1_HJU3q4 https://www.youtube.com/watch?v=NQxRyG6Cyc
						Assessment – To demonstrate a successful pass under pressure.
Game Play	To be able to demonstrate passing and dribbling skills within small sided games.	Shooting conditions, free shot under the basket. Dribbling and passing	Teams of 5 a side. Encourage man to man marking. Successful lay ups to score 3pts.	Travel Double dribble Contact fouls Free throws for	Problem Solving Creativity Analysis Evaluation	https://www.youtube.com/watch?v=86HoysaVyYk https://www.youtube.com/watch?v=O5b5HaxCE3U https://www.youtube.com/watch?v=3XTI8Wb67K4

	Shooting under pressure within game pressure.	under game pressure. Use travelling and double dribble rules.		offensive fouls.		
					Assessment – To be effective in the game.	

Year 7 Table Tennis Scheme of Work

Lesson/Skill	Lesson Outcome	Key Teaching Points	Drills/Exercises	Rule	Skills	Preview Learning
Interleaving						

Backhand	To be able to demonstrate a range of backhand shots successfully across the table.	Grip Stance Ball address. Striking the ball. Table appreciation.	Pairs using half tables. Practise backhand, hit and catch. Rally with partner – how many shots in a rally	Where ball should bounce. Contact with ball.		https://www.youtube.com/watch?v=i_NAMempMvs
Assessment -						
Forehand		Grip Stance Ball address. Striking the ball Table appreciation.	Pairs using a diagonal half of the table. Practise forehand diagonally across the table. Pair left handers together. Rally with partner – how many shots in a rally	Where ball should bounce. Contact with ball.		https://www.youtube.com/watch?v=Hx5ZQSmFjo
Assessment -						
Serve	To be able to demonstrate the serve technique within	Ball address Rules about serving; <ul style="list-style-type: none">- Behind table	Pairs using a diagonal half of the table. Sue A4 paper to mark target areas for ball to hit.	Rules about serving; <ul style="list-style-type: none">- Behind table		https://www.youtube.com/watch?v=EuXKHxRcRbQ

	game situations.	- Ball tossed 10cm Ball to hit own side of table	Hit and catch with partners Games with conditioned practises regarding serve.	- Ball tossed 10cm Ball to hit own side of table		
						Assessment -
Smash	To be able to demonstrate the smash within a game like scenario.	When to use the smash ie. when ball is around shoulder height. Hit over the ball to create downward trajectory.	In pairs throw and smash the ball. The feed is critical to the drill. Table tennis cricket game – Bowling side ‘bowl’ the ball Batting team smash the ball back to score runs. Bowling team try to catch the ball to get them out.	When to use the smash Control of the power used Where to aim to be most effective		https://www.youtube.com/watch?v=BPpq8m93LSI
						Assessment -
Spin	To be able to demonstrate spin within a game like scenario.	Stance Ball address. When to use top spin.	In pairs roll the ball across the table (under the net) and as it reaches the end hit it as it drops to the floor. This will naturally encourage the use of spin.	When to use top spin How to control spin When to use it effectively in game play		https://www.youtube.com/watch?v=XFRqT3miJ3I

			Games using an extra bounce on the floor.			
						Assessment -
Gameplay	To play competitive games of table tennis in single and double format.	Grip Stance Where to stand Difference between singles and doubles.	King of the court or league ladders to promote gameplay against similar levels of ability.		Analysis Creativity Problem Solving Evaluation	
						Assessment -

Year 7 Cricket Scheme of Work

Lesson/Skill	Lesson Outcome	Key Teaching Points	Drills/Exercises	Rule	Preview Learning
Interleaving					
Fielding	To be able to demonstrate a range of techniques to stop/ catch/ throw the ball within a game situation.	Long barrier. Short barrier. Catching techniques. coordination	Catching games. Circle of 6 pupils throwing and catching. Pupils who drop ball are out. Pairs – long/ short barrier practises.	Rules surrounding getting a batsman out.	https://www.youtube.com/watch?v=SrK5g8yQ9QQ https://www.youtube.com/watch?v=zg1c2h2VQsM
					Assessment -
Bowling	To be able to demonstrate	Coil position. Grip.	Paired work on lines of pitch	What is a 'no ball'.	https://www.youtube.com/watch?v=D71Y5TPyJQ4

	the technique of bowling over arm.	Release of the ball. Follow through. Pitch of the ball.	bowling to partners. Use stumps/ cone as a target. Bowling games.		
					Assessment -
Batting	To be able to demonstrate the pull/ hook shot in a game like situation.	Grip and stance. How to strike the ball Running between the wickets.	Small groups (4-6). Under arm bowling using target areas for batsman to aim at. 6 balls each then rotate group positions.	Scoring boundaries What is a four/6? How to score a 'run'.	https://www.youtube.com/watch?v=VHTzqkFuljs https://www.youtube.com/watch?v=gjHTNSWG3Tw https://www.youtube.com/watch?v=x9trDpfJim4
					Assessment -
Fielding 2#	To be able to demonstrate a range of techniques to stop/ catch/ throw the ball within a game situation.	Throwing techniques. Running between the wickets.	Relay games in groups. Batters to score runs, fielding team to get them out.	Run outs. Catching. Backing up. Fingers pointing to the floor.	https://www.youtube.com/watch?v=Htk-nM_SovY
					Assessment -
Batting 2#	To be able to demonstrate a range of techniques to perform the drive shot.	Grip and stance. Striking the ball in the 'V'. Running between the wickets.	Small groups (4-6). Ball on a 'tee'. Batters hitting the ball in the 'V' to score runs. 6 balls and rotate group positions.		https://www.youtube.com/watch?v=VHTzqkFuljs https://www.youtube.com/watch?v=gjHTNSWG3Tw https://www.youtube.com/watch?v=x9trDpfJim4

					Assessment -
Game play	To be able to demonstrate the drive shot in a game like situation.	Positions in the field eg wicket keeper, fielders and bowlers. Where to stand as a batting team. Scoring systems. Eg wides and no balls.	Large sided games. Focus on the drive and pull shots giving most runs for successful shots in these scoring areas.	All rules	http://news.bbc.co.uk/sportacademy/hi/sa/cricket/rules/the_basics/newsid_3794000/3794981.stm