

2019/ 2020	AUTUMN		SPRING		SUMMER	
	HT1	HT2	HT3	HT4	HT5	HT6
Y7	<p>Area of study Rugby/Football</p> <p>Key concepts Passing (lateral, spin). Offloading (before/after contact). Tackling (front, side). Catching (from pass). Running with the ball (evasion – side step or swerve) intercepting passing (short passes - push pass, instep) running with the ball (dribbling, feints, step overs) turning with the ball striking the ball (shooting - dominant foot). Tactical awareness. passing (lateral) <ul style="list-style-type: none"> • tackling (side) • ball presentation • catching (from pass) • running with the ball Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Basketball/Badminton/Hockey</p> <p>Key concepts Passing and receiving – chest, bounce, javelin, overhead. Shooting – lay-up, set. Dribbling – either hand, changes of direction. Footwork – pivot, stop. Serves - low and short, high and deep. Clear shot – forehand and backhand. Drop shot – fast, slow Net shots – forehand, backhand. Lift Passing. Receiving the ball - from right, left. Running with the ball – dribbling. Tackling. Shooting where appropriate to position.</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Football/Gymnastics</p> <p>Key concepts passing (short passes - push pass, instep) running with the ball (dribbling, feints, step overs) turning with the ball striking the ball (shooting - dominant foot). Tactical awareness. passing (lateral) <ul style="list-style-type: none"> • tackling (side) • ball presentation • catching (from pass) • running with the ball To plan and perform 3 simple & complex balances. To plan and perform a simple / complex sequence of balances and rolls. To be able to perform basic/complex rolling actions To plan and perform a simple & complex sequence of balances and rolls in a specific order.</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Badminton/Handball</p> <p>Key concepts Serves - low and short, high and deep. Clear shot – forehand and backhand. Drop shot – fast, slow Net shots – forehand, backhand. Lift Passing - right and left hand, short, long. Catching - one handed, two handed, static, on the move. Footwork - running pass. Shooting where appropriate to position -jump shot from the wing, jump shot from the back court, standing shot. defending - interceptions, stealing, man to man. Goalkeeping skills - shot stopping – hands, legs.</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Softball/Athletics</p> <p>Key concepts Batting: grips and their uses; stance; follow through; Pitching: basic slowpitch technique Fielding: basic hand positioning; throwing; fielding a ground balls Throw: shot putt, javelin, or discus. <ul style="list-style-type: none"> • initial stance • grip • preparation • release • recovery. Track sprints: 100m, 200m, 300m, 400m Track middle distance: 800m, 1500m Skills/technique: <ul style="list-style-type: none"> • starts • posture • pacing • leg and arm action • coordination of legs and arms and stride pattern Batting – grips and their uses; stance; Bowling – basic action; Fielding – under-arm throwing and catching; over-arm throwing and catching; stopping, chasing and returning</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Athletics/Rounders</p> <p>Key concepts Throw: shot putt, javelin, or discus. <ul style="list-style-type: none"> • initial stance • grip • preparation • release • recovery. Track sprints: 100m, 200m, 300m, 400m Track middle distance: 800m, 1500m Skills/technique: <ul style="list-style-type: none"> • starts • posture • pacing • leg and arm action • coordination of legs and arms and stride pattern Batting – grips and their uses; stance; Bowling – basic action; Fielding – under-arm throwing and catching; over-arm throwing and catching; stopping, chasing and returning</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>
	<p>Area of study Rugby/Football</p> <p>Key concepts passing (lateral) <ul style="list-style-type: none"> • offloading (before/after contact) • tackling (front, side) • catching (from pass) • running with the ball (evasion – side step) Passing - short passes, push pass, instep. Running with the ball – dribbling. Tackling – block. Turning with the ball – recycling. Striking the ball – shooting, dominant foot.</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Basketball/Badminton/Hockey</p> <p>Key concepts Passing and receiving – chest, bounce, javelin, overhead. Shooting – lay-up, reverse lay-up with weak hand. Dribbling – either hand, changes of direction, pace, Rebounding. Footwork – pivot, stop. Serves - low and short, high and deep Clear shot – forehand ,Drop shot Passing. receiving the ball, running with the ball tackling ,evasion (stick side, non-stick side)</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Football/Gymnastics</p> <p>Key concepts Passing - short passes, push pass, instep. Running with the ball – dribbling. Tackling – block. Turning with the ball – recycling. Striking the ball – shooting, dominant foot. To plan and perform 3 simple & complex balances. To plan and perform a simple / complex sequence of balances and rolls. To be able to perform basic/complex rolling actions To plan and perform a simple & complex sequence of balances and rolls in a specific order.</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Basketball/Handball</p> <p>Key concepts Passing and receiving – chest, bounce, javelin, overhead. Shooting – lay-up, reverse lay-up with weak hand. Dribbling – either hand, changes of direction, pace, Rebounding. Footwork – pivot, stop. Passing - right and left hand, short, long, stationary, on the move. Catching - one handed, two handed, static, on the move. Footwork - running pass, running shot, dribbling. Shooting where appropriate to position -jump shot from the wing, jump shot from the back court, standing shot. Defending - blocking, tackling, interceptions, stealing, man to man. Goalkeeping skills - shot stopping – hands, legs, trunk, putting the ball down.</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Softball/Athletics</p> <p>Key concepts Batting: grips and their uses; stance; follow through; Pitching: basic slowpitch technique Fielding: basic hand positioning; throwing; fielding a ground balls Throw: shot putt, javelin, or discus. <ul style="list-style-type: none"> • initial stance • grip • preparation • movement • release • recovery. Track sprints: 100m, 200m, 300m, 400m Track middle distance: 800m, 1500m Skills/technique: <ul style="list-style-type: none"> • starts • posture • pacing • leg and arm action • coordination of legs and arms and stride pattern Tactical awareness Batting – grips and their uses; stance; Bowling – basic action; Fielding – under-arm throwing and catching; over-arm throwing and catching; stopping, chasing and returning</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Athletics/Rounders</p> <p>Key concepts Throw: shot putt, javelin, or discus. <ul style="list-style-type: none"> • initial stance • grip • preparation • movement • release • recovery. Track sprints: 100m, 200m, 300m, 400m Track middle distance: 800m, 1500m Skills/technique: <ul style="list-style-type: none"> • starts • posture • pacing • leg and arm action • coordination of legs and arms and stride pattern Tactical awareness Batting – grips and their uses; stance; Bowling – basic action; Fielding – under-arm throwing and catching; over-arm throwing and catching; stopping, chasing and returning</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>
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<p>Area of study Football</p> <p>Key concepts passing (short passes - push pass, instep) running with the ball (dribbling, feints, step overs) tackling (block, slide) heading (attack/defence) turning with the ball striking the ball (free kicks, shooting - dominant foot). Tactical awareness</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Badminton/Dodgeball</p> <p>Key concepts Serves - low and short, high and deep, Clear shot – forehand and backhand; attacking and defending; overhead and underarm, Drop shot – fast, slow Smash, Net shots – forehand, backhand. Lift Throwing – overarm, grip hold, overarm – cup hold, overarm – hook hold, sidearm and chest push. Catching - 2 handed catch or tunnel catch or snatch. Dodging, Blocking, Ball Retrieval.</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Hockey/Rugby</p> <p>Key concepts Passing. Receiving the ball - from right, left, behind. Running with the ball - dribbling, close control. Tackling. Evasion - stick side. Shooting where appropriate to position. Defending - man to man. Passing (lateral, spin). Offloading (before/after contact). Tackling (side) rucking (ball presentation) catching (from pass). Running with the ball (evasion – side step or swerve). Intercepting. Passing. • receiving the ball (from right, left, behind) • running with the ball (dribbling, feints, close control) • tackling • evasion (stick side, non-stick side)</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Basketball/Handball</p> <p>Key concepts passing and receiving – chest, bounce, javelin, overhead shooting – lay-up, set, jump dribbling – either hand, changes of direction, rebounding and boxing out footwork – pivot, stop. Passing - right and left hand, short, long, stationary, on the move. Catching - one handed, two handed, static, on the move. Footwork - running pass, running shot, dribbling. Shooting where appropriate to position -jump shot from the wing, jump shot from the back court, standing shot. Defending - blocking, tackling, interceptions, stealing, man to man. Goalkeeping skills - shot stopping – hands, legs, trunk, putting the ball down.</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Softball/Athletics</p> <p>Key concepts Batting: grips and their uses; stance; follow through; hitting the ball to all fields; Baserunning: stopping or turning at first base; Pitching: basic slowpitch technique (backspin, forehand, variation of arc height); Fielding: basic hand positioning; throwing; fielding a ground balls, tag outs. Positional play: pitcher; catcher; infield Throw: shot putt, javelin, or discus. • initial stance • grip • preparation • movement • release • recovery. Track sprints: 100m, 200m, 300m, 400m Track middle distance: 800m, 1500m Skills/technique: • starts • posture • pacing • leg and arm action • coordination of legs and arms and stride pattern Tactical awareness</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Rounders</p> <p>Key concepts Batting – grips and their uses; stance; hitting in different directions; forehand and backhand Bowling – basic action; stepping action; variation of speed, height, angle, spin Fielding – under-arm throwing and catching; over-arm throwing and catching; stopping, chasing and returning</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>
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<p>Area of study Softball/Football</p> <p>Key concepts Batting: grips and their uses; stance; follow through; hitting the ball to all fields; Baserunning: stopping or turning at first base; leading off/stealing; bent leg slide. Pitching: basic slowpitch technique (backspin, forehand, variation of arc height); Fielding: basic hand positioning; throwing; fielding a ground balls, tag outs. Positional play: pitcher; catcher; infield Passing - short passes, push pass, instep. Running with the ball - dribbling, feints, step overs. Tackling - block, slide. Heading - attack/ defence. Turning with the ball – recycling, Cruyff, drag back. Striking the ball - free kicks, shooting, dominant foot</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Badminton/Basketball/T Tennis</p> <p>Key concepts Serves - low and short, high and deep, Clear shot – forehand and backhand; attacking and defending; overhead and underarm, Drop shot – fast, slow Smash, Net shots – forehand, backhand. Lift passing and receiving – chest, bounce, javelin, overhead shooting – lay-up, reverse lay-up with weak hand, set, jump dribbling – either hand, changes of direction, pace, crossover, rebounding and boxing out footwork – pivot, stop. Grip and ready position. Movement at and around the table. Push – forehand and backhand. Topspin drives – forehand and backhand. Serves – chop, top spin and side spin. Return of serve. Loop – forehand and backhand. Sidespin loop – forehand. Block.</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Handball/Basketball</p> <p>Key concepts Passing - right and left hand, short, long, stationary, on the move. Catching - one handed, two handed, static, on the move. Footwork - running pass, running shot, dribbling. Shooting where appropriate to position -jump shot from the wing, jump shot from the back court, standing shot. Defending - blocking, tackling, interceptions, stealing, man to man. Goalkeeping skills - shot stopping – hands, legs, trunk, putting the ball down. passing and receiving – chest, bounce, javelin, overhead shooting – lay-up, reverse lay-up with weak hand, set, jump dribbling – either hand, changes of direction, pace, crossover, rebounding and boxing out footwork – pivot, stop.</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Softball</p> <p>Key concepts Batting: grips and their uses; stance; follow through; hitting the ball to all fields; Baserunning: stopping or turning at first base; leading off/stealing; bent leg slide. Pitching: basic slowpitch technique (backspin, forehand, variation of arc height);Fielding: basic hand positioning; throwing; fielding a ground balls, tag outs. Positional play: pitcher; catcher; infield</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Athletics/Rounders/Cricket</p> <p>Key concepts Throw: shot putt, javelin, or discus. • initial stance • grip • preparation • movement • release • recovery. Track sprints: 100m, 200m, 300m, 400m Track middle distance: 800m, 1500m Skills/technique: • starts • posture • pacing • leg and arm action • coordination of legs and arms and stride pattern Tactical awareness Batting – grips and their uses; stance; hitting in different directions (placing the ball in a space); forehand and backhand. Bowling – basic action; stepping action; variation of speed, height, angle. Fielding – under-arm throwing and catching; over-arm throwing and catching; stopping, chasing and returning. Backstop. Game play and tactics Individual and team skills and positions. Batting – grip, stance, footwork, and back lift; defensive shots off front and back foot; drives, cuts and glances; pull, hook and sweep, reverse sweep; calling, backing up, running between wickets. Bowling – grip, run-up, delivery, follow-through; line and length; variation in pace/flight for spin bowling; variations in pace and line and length for fast/medium bowling; field placing. Fielding – stopping and returning; catching close to/away from batsman; throwing to wicket keeper or at the stumps; chasing and returning. Wicket keeping – positioning, stance, receiving ball from bowling/fielding, catches, stumping and runouts.</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study X</p> <p>Key concepts X</p> <p>Assessment method</p>
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<p>Area of study Softball/Football</p> <p>Key concepts Batting: grips and their uses; stance; follow through; hitting the ball to all fields; Baserunning: stopping or turning at first base; leading off/stealing; bent leg slide. Pitching: basic slowpitch technique (backspin, forehand, variation of arc height);Fielding: basic hand positioning; throwing; fielding a ground balls, tag outs. Positional play: pitcher; catcher; infield Passing - short passes, push pass, instep. Running with the ball - dribbling, feints, step overs. Tackling - block, slide. Heading - attack/ defence. Turning with the ball – recycling, Cruyff, drag back. Striking the ball - free kicks, shooting, dominant foot</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Table Tennis/Handball/Basketball</p> <p>Key concepts Grip and ready position. Movement at and around the table. Push – forehand and backhand. Topspin drives – forehand and backhand. Serves – chop, top spin and side spin. Return of serve. Loop – forehand and backhand. Sidespin loop – forehand. Block. Passing - right and left hand, short, long, stationary, on the move. Catching - one handed, two handed, static, on the move. Control - stability in performance of skills. Footwork - running pass, running shot, dribbling. Evasion - breakthrough, feints with and without a ball. Shooting where appropriate to position -jump shot from the wing, jump shot from the back court, dive shot, standing shot. Defending - blocking, tackling, interceptions, stealing, man to man, zonal. Goalkeeping skills - shot stopping – hands, legs, trunk, putting the ball down, long and short shots, fast attack. passing and receiving – chest, bounce, javelin, overhead. shooting – lay-up, reverse lay-up with weak hand, set, jump dribbling – either hand, changes of direction, pace, crossover, spin rebounding and boxing out footwork – pivot, stop.</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Table Tennis/Rugby</p> <p>Key concepts Grip and ready position. Movement at and around the table. Push – forehand and backhand. Topspin drives – forehand and backhand. Serves – chop, top spin and side spin. Return of serve. Loop – forehand and backhand. Sidespin loop – forehand. Block. Passing (lateral, spin). Offloading (before/after contact). Tackling (front, side). Rucking (ball presentation/clear out). Catching (from pass). Mauling (ball presentation/binding). Line-out work (as per position: binding, jumping, throw). Running with the ball (evasion – side step or swerve). Intercepting. Scrum (as per position: binding, drive, hook).</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study Badminton</p> <p>Key concepts Serves - low and short, high and deep, flick, drive, Clear shot – forehand and backhand; attacking and defending; overhead and underarm, Drop shot – fast, slow, Drives shot – forehand, backhand; cross court and down-the-line Smash, Block shot - drop, straight, angled Net shots – forehand, backhand Lift</p> <p>Assessment method Questioning, Teacher observations, Peer assessment, self-assessment (help sheets - Q:\MADANI BOYS SCHOOL\SUBJECT AREAS\PE\Schemes of work\Core PE assessment)</p>	<p>Area of study X</p> <p>Key concepts X</p> <p>Assessment method X</p>	<p>Area of study X</p> <p>Key concepts X</p> <p>Assessment method X</p>
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