

| Autumn term (Sept – Oct) Swimming | Autumn Term (Oct – Nov) Invasion Games | Autumn Term (Nov – Dec) Aesthetic activities |
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| <p>Develop skills and technique</p> <p>Beginner; Front crawl and breast stroke Intermediate; Front crawl, breaststroke and backstroke, diving, turns Advanced; Front crawl, breaststroke, backstroke, butterfly, diving and turns</p> <p>Application of skills and technique within competitive situation</p> <p>Beginner; swim in two 1 length events at the gala Intermediate; swim in both the 1 and 2 length events using 2 different strokes at the gala Advanced; swim in the majority of events at the gala</p> <p>Develop knowledge and understanding of the sport</p> <p>Health and safety around and in the pool Stroke technique; arm action, leg action, body position, breathing Diving/competitive start Touch and tumble turn Endurance swimming</p> <p>Develop personal attributes Self-belief, resilience, self-motivation, determination</p> | <p>Develop skills and technique</p> <p>Beginner; basic fundamentals of the game – passing/receiving techniques, movement with and without the ball, basic shooting technique, basic rules and positions of play within the game Intermediate; introduce more difficult skills or improve existing skills, introduce/develop tactics, broaden knowledge of rules and regulations Advanced; improve tactical awareness, development and more use of advanced skills, develop coaching and officiating skills</p> <p>Application of skills and technique within modified game/competitive situation</p> <p>Beginner; House matches Intermediate: House matches/Interschool competition/ club outside school Advanced; House matches/Interschool competition/ club outside school</p> <p>Develop knowledge and understanding of the sport</p> <p>Pitch markings, areas of court Rules of the game Responsibilities of positions Tactics within the game Coaching and Umpiring/refereeing</p> <p>Develop personal attributes Self-belief, team working, resilience, communication, decision making, perseverance, self-motivation, determination</p> | <p>Develop skills and technique</p> <p>Beginner; basic jumps with shapes, twists, seat landing Intermediate; Front and back landings, swivel hips, and develop front landing and back landing Advanced; improve all landings, develop somersaults and other complex twisting skills</p> <p>Application of skills and technique within formal/competitive situation</p> <p>Beginner; plan and perform a 6-bounce routine Intermediate; plan and perform a 10-bounce routine Advanced; plan and perform a 10-bounce routine with advanced skills</p> <p>Develop knowledge and understanding of the sport</p> <p>Health and safety involvement Body tension awareness Maintaining central position and use of height Routine criteria and formation Appropriate skill progression Fault analysis and cure</p> <p>Develop personal attributes Self-belief, resilience, goal setting, decision making, perseverance, self-motivation, determination</p> |

| Spring term (Jan – Feb) Net sport | Spring term (Feb – March) Athletics |
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| <p>Develop skills and technique</p> <p>Beginner; basic serving and racket handling Intermediate; develop serving and intermediate shots Advanced; reinforce all shots and develop advanced skills/tactics</p> <p>Application of skills and technique within modified game/competitive situation</p> <p>Beginner; play half court singles games using basic skills Intermediate; play half and full court singles and doubles games using some advanced skills Advanced; play full court singles and doubles using technically advanced and tactical skills</p> <p>Develop knowledge and understanding of the sport</p> <p>Serving; forehand/back hand short/high/drive Clears; forehand/back hand, overhead, underarm Net shots; forehand/backhand Smash, drop shots and drives Rules and scoring</p> <p>Develop personal attributes</p> <p>Self-belief, empathy, team working, resilience, communication, decision making, collaboration</p> | <p>Develop skills and technique</p> <p>Beginner; Fundamentals of throwing jumping and running. Intermediate/Advanced; Develop throwing, jumping, sprinting and middle distance running</p> <p>Application of skills and technique within modified game/competitive situation</p> <p>Beginner; compete in a minimum of 2 events at Sports Day Intermediate; compete in 3 events at Sport Day using correct technique Advanced; compete in minimum of 2/3 events using more effective/efficient/advanced technique and skill acquisition</p> <p>Develop knowledge and understanding of the sport</p> <p>Health and safety within athletics Warming up and warming down Running techniques; sprinting, sprint starts pacing, relay techniques Jumping techniques; preparation, approach, take-off, body position, landing Throwing techniques; grips, effective approaches/rotations, throwing preparation/angle of release/trajectory, transfer of power through legs</p> <p>Develop personal attributes</p> <p>Self-belief, resilience, goal setting, perseverance, self-motivation, determination.</p> |

| Summer term (April – June) Striking and fielding | Summer term (June – July) Swimming & water polo split |
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| <p>Develop skills and technique</p> <p>Beginner; basic throwing and catching, basic batting and bowling, basic rules Intermediate; develop different bowling and fielding techniques, better awareness of rules and tactical play Advanced; technically advanced skills with reference to fielding, bowling and hitting, tactical awareness</p> <p>Application of skills and technique within modified game/competitive situation</p> <p>Beginner; able to catch, throw and hit with some success, understand the basic rules within the games Intermediate; competent at bowling, throwing and catching, greater success at hitting and awareness of rules and tactics Advanced; adopt different bowling styles, better placement when hitting, consistent success and accuracy when throwing, catching and fielding, and has a significant impact with the games</p> <p>Develop knowledge and understanding of the sport</p> <p>Throwing: underarm and overarm Bowling: fast, spin, donkey drop Fielding: short barrier, long barrier, chasing the ball Batting; stance, forehand and backhand hitting Rules, regulations and tactics</p> <p>Develop personal attributes</p> <p>Self-belief, empathy, team working, communication, decision making, determination, collaboration</p> | <p>Develop skills and technique</p> <p>Beginner; Front crawl and breast stroke Intermediate; Front crawl, breaststroke and backstroke, diving, turns Advanced; Front crawl, breaststroke, backstroke, butterfly, diving and turns Y9 & KS4 some water polo</p> <p>Application of skills and technique within modified game/competitive situation</p> <p>Beginner; able to swim a length in 1 or 2 strokes Intermediate; able to swim several lengths in minimum of 2 different strokes with good technique and dives Advanced; able to swim several lengths efficiently in 2/3 strokes with dives and turns</p> <p>Develop knowledge and understanding of the sport</p> <p>Health and safety around and in the pool Stroke technique; arm action, leg action, body position, breathing Diving/competitive starts Touch and tumble turns Endurance swimming Water polo; rules, skills, technique and tactics of the game</p> <p>Develop personal attributes</p> <p>Self-belief, resilience, perseverance, self-motivation, determination. Water polo; team work, communication, decision making, collaboration.</p> |

King Richard School

Physical Education Department

CLUBS and EVENTS

| Autumn Term | Spring Term | Summer Term |
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| | | |
| CLUBS | CLUBS | CLUBS |
| | | |
| Football Club | Football Club | Football Club |
| Netball Club | Netball Club | Rounders Club |
| | Trampolining club | Athletics Club |
| | Badminton Club | |
| | | |
| EVENTS/FIXTURES | EVENTS/FIXTURES | EVENTS/FIXTURES |
| | | |
| KRS Swimming Gala | Trampolining Competition | Athletics Sports Day |
| SJS Swimming Gala | Inter-house badminton | SUP (stand-up paddle boarding) excursion |
| Dhekelia Splash | Football fixtures | Dhekelia Dash |
| Cross-Country event | Netball fixtures | Summer Sports Day |
| Netball fixtures | | Inter-house rounders |
| Football fixtures | | |
| Trampolining Club | | |
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