



Learning Objective	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Year 7	Learn how to throw & catch.	Learn basic batting technique and how to hit a ball	Learn basic bowling technique and the rules of pitching	Learn the basic/rules of running between the bases	Learn how to score & officiate a competitive rounders match	Learn how to organise & compete in a rounder tournament	Learn how to organise & compete in a rounder tournament
Year 8	Develop throw & catch	Develop batting technique and how to hit a ball.	Develop bowling technique and rules	Develop team strategy regarding running between bases.	Recap/Develop how to score & officiate a competitive rounders match	Learn how to organise & compete in a rounders tournament	Learn how to organise & compete in a rounders tournament.
Year 9	Why are rules/scoring systems important in competitive situations?	Understand the importance of positioning when officiating situations?	Understand the importance of communication when officiating (verbal/non-verbal)	Develop knowledge of more advanced rules in your rounders.	Develop knowledge of more advanced rules in rounders	What considerations need to be made when organising a mini tournament	Independently organise a mini tournament

Key Skills
 Throwing – A technique to field the ball to the correct position at the correct pace and direction
 Catching – The ability to get in the correct position to field the ball. You can get someone out by catching their hit ball or by stumping them out after catching the ball
 Bowling – A the ball in the correct position for the batter to hit technique to deliver. Spin on the bowl will make it harder for the batter. A donkey drop can also be used which goes high but drops to the correct height once it reaches the batter
 Batting/Hitting – a skill which allows the bat to contact the ball
 Fielding – A technique used to retrieve the ball quickly from a hit e.g. long barrier and retrieve
 Match Play – A skill used to understand the basics of the game, the scoring, the rules and the player's position

Key Words / Literacy
 Technique
 Accuracy
 Team work
 Decision making
 Retrieve
 No ball
 Backstop
 Spin
 Obstruction

Rules and Regulations

- 1 You must start in the batting box and not step out of it
2. You only get 1 ball bowled at you, after which you must run whether you hit it or not.
3. You must keep in contact with a post once you have decided to stop.
4. A no ball is – above the batters head, below the knee, the wrong side of the body, too wide and too close into the body.
5. If you hit a ball behind, then you must wait at first post until the ball comes forward of the batting box. You may then run on.
6. If you hit the ball and get all the way round you score 1 rounder, if you get to 2nd post, you score ½ a rounder. If you do not hit the ball but get all the way round you score ½ a rounder. You also score ½ a rounder if you get 2 no balls bowled at you.
7. You get ½ a rounder for obstruction if the fielders get in the way of your run to a post.

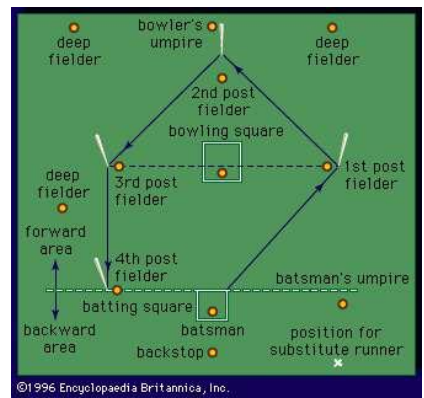


Batting



Bowling

SMSC / Cultural Capital
 Origin of game
 Fair Play – abide by rules
 Co-operation / Team work
 Communication
 Respect
 Sportsmanship
 Motivation/Tolerance
 Lead by example



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Tactics and Strategies
 Exploit/Aim for space
 Speed of fielding
 Decision making
 Long barrier



Components of Fitness
 Co-ordination
 Agility
 Reaction time
 Power
 Strength



Learning Objective	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Year 7	LO - To learn the most effective technique for SPRINTING (Arm/Leg Action)	LO - To learn how to complete a successful RELAY race (Baton changes)	LO - To learn the most effective technique for THROWING (Shot Putt)	LO - To learn the most effective technique for THROWING (Discus)	LO - To learn how to PACE yourself in middle distance running	LO - To learn the most effective technique for JUMPING (Long Jump)	LO: Learn how to ORGANISE & COMPETE in a class Heptathlon.
Year 8	LO - To develop effective technique for SPRINTING (Arm/Leg Action)	LO - To develop how to complete a successful RELAY race (Baton changes)	LO - To develop effective technique for THROWING (Shot Putt)	LO - To learn the most effective technique for THROWING (Discus)	LO - To learn the most effective technique for THROWING (Javelin)	LO - To learn the most effective technique for JUMPING (High Jump)	LO - To learn the most effective technique for JUMPING (Triple Jump)
Year 9	LO – Learn how to officiate when starting & timing a race (Sprinting)	LO - Learn how to officiate a RELAY race (Baton changes)	LO - To learn how to officiate/measure distance for THROWING (Shot Putt)	LO - To learn how to officiate/measure distance for THROWING (Discus)	LO - To learn how to officiate/measure distance for THROWING (Javelin)	LO - To learn how to officiate/measure distance for JUMPING (Long Jump)	LO - To learn how to officiate/measure JUMPING (High Jump)

Key Skills
Running – Moving your legs rapidly in order to move quickly
Jumping – Using your body to create lift in order to reach maximum distance both vertical and horizontal based on discipline
Throwing – Using your arms and body to propel an object with force through the air

Athletics Disciplines & Events
Track – Running – 100m, 200m, 300m, 400m, 800m, 1500m, Relays 4x100m, 4x200m, 4x400m.
Field – Jumping – High Jump, Triple Jump, Long Jump
Field – Throwing – Shot Putt, Javelin, Discuss

Components of Fitness
 Co-ordination Reaction time
 Power Strength
 Cardiovascular endurance Speed
 Muscular Endurance

Tactics and Strategies
 Pacing
 Sprint Start



Key Words / Literacy
 Technique
 Accuracy
 Decision making
 Power
 Transfer
 Coordination
 Pacing
 Mental rehearsal
 Confidence



SMSC / Cultural Capital
Rio Olympic Games 2016 Heptathlon results

Rank	Athlete	Points	100 h	HJ	SP	200 m	LJ	JT	800 m
1	Nafissatou Thiam (BEL)	6810 <i>(NR, WL)</i>	1041 13.56 s	1211 1.98 m*	855 14.91 m*	878 25.10 s	1033 6.58 m*	921 53.13 m	871 2:16.54
2	Jessica Ennis-Hill (GBR)	6775 <i>(SB)</i>	1149 12.84 s*	1093 1.89 m	785 13.86 m	1030 23.49 s	956 6.34 m	784 46.06 m	978 2:09.07
3	Brianne Theisen Eaton (CAN)	6653	1097 13.18 s	1054 1.86 m	757 13.45 m	963 24.18 s	1001 6.48 m	809 47.36 m	972 2:09.50
4	Laura Ikauniece-Admidina (LAT)	6617	1075 13.33 s	941 1.77 m	762 13.52 m	1004 23.76 s	887 6.12 m	975 55.93 m*	973 2:09.43
5	Carolin Schafer (GER)	6540	1106 13.12 s	1016 1.83 m	832 14.57 m	982 23.99 s	912 6.20 m	821 47.99 m	871 2:16.52
6	Katarina Johnson-Thompson (GBR)	6523 <i>(SB)</i>	1053 13.48 s	1211 1.98 m*	640 11.68 m	1053 23.26 s*	1010 6.51 m	598 36.36 m	958 2:10.47



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Learning Objective	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Year 7	LO: Learn how to THROW & CATCH (Overarm, Underarm) accurately.	LO: Learn basic BATTING Technique and how to HIT a ball.	LO: Learn basic BOWLING Technique and the RULES of bowling	LO: Learn the basics/rules of RUNNING between the wickets.	LO: Developing knowledge and skills needed to compete through conditioned games.	LO: Learn how to SCORE & OFFICIATE a competitive Cricket match (Pairs Cricket)	LO: Learn how to ORGANISE & COMPETE in a Cricket 6's/7's tournament (Mini Cricket)
Year 8	LO: Develop THROW & CATCH (One handed pick up & throw).	LO: Develop BATTING Technique & range of shots (Drive, Pull, Cut)	LO: Develop BOWLING Technique (Spin)	LO: Learn basic FIELDING STRATEGY (Basic positions)	LO: Developing knowledge and skills needed to compete through conditioned games.	LO: Develop knowledge and OFFICIATE a competitive Cricket match (Pairs Cricket)	LO: ORGANISE & COMPETE in a Cricket 6's/7's tournament (Mini Cricket)
Year 9	LO: Why are rules/scoring systems important in competitive situations?	LO: Understand the importance of positioning when officiating	LO: Understand the importance of communication when officiating (verbal/non-verbal)	LO: Develop knowledge of more advanced rules in your Cricket. (Dismissals)	LO: Develop knowledge of more advanced rules in Cricket (LBW)	LO: What considerations need to be made when organising a mini tournament?	LO: Independently organise a mini tournament

Key Skills

Throwing – A technique to field the ball to the correct position at the correct pace and direction

Catching – The ability to get in the correct position to field the ball. You can get someone out by catching their hit ball

Bowling – A the ball in the correct position for the batter to hit technique to deliver. There are different types of delivery which include seam, pace and spin.


Batting – a skill which allows the bat to contact the ball. There are a wide number of shots including, drives, cuts, pulls and defensive shots.

Fielding – A technique used to retrieve the ball quickly from a hit e.g. long barrier and retrieve

Wicket Keeping – A specialist fielder who stands behind the batsman and attempts to stump them out if they leave the crease.

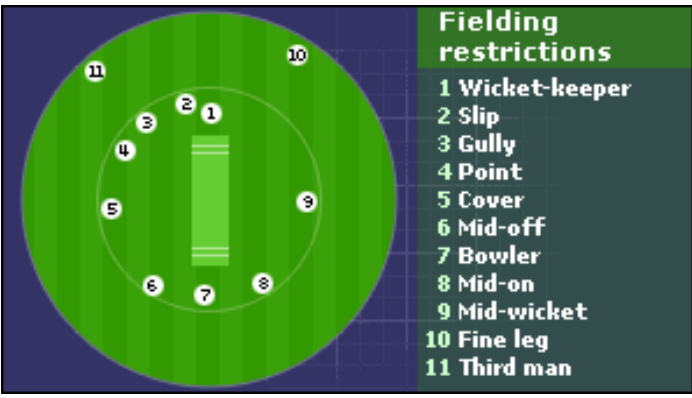
Key Words / Literacy

Technique
Accuracy
Communication
Decision making
Line & Length
No ball/Wide
Spin
Over
Innings



Rules and Regulations

- The game is played by two teams of 10 players. One team bats and the other fields.
- The batting team attempts to score as many 'runs' as possible by hitting the ball and attempting to run between the wickets.
- The batting team can score extra runs by hitting the ball over the boundary rope along the floor (4 runs) or without a bounce (6 runs)
- The fielding team attempts to dismiss the batsman by bowling the ball in an attempt to hit the wickets.
- Bowler's have 6 balls to try and get each pair of batsman out. This is called an 'Over'. After 6 balls the fielding team have to change bowlers.
- The fielding team can attempt to dismiss the batsman a number of ways like catching the ball, running them out, stumping the wickets or if the batsman misses the ball when it was going to hit the wickets (LBW)
- Each team has a chance to bat and field these are called 'Innings'




Cultural Capital – 'The Ashes'

England play a traditional match versus Australia where the teams compete to win a trophy that contains the ashes of the ball used in the first ever international cricket match.




Tactics and Strategies

Exploit/Aim for space
Positioning of fielders
Decision making
Long barrier
Vary bowling types, speed to confuse batsman.



Components of Fitness

Co-ordination
Agility
Reaction time
Power
Strength
Speed

