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| Year 7               |                               | Autumn 1  | Autumn 2  | Spring 1   | Spring 2  | Summer 1   | Summer 2  |
| Health and Wellbeing | Food Technology               | <b>Planning, Evaluating and Developing Skills for Healthy Eating : Use of Knives</b>  |   | <b>Planning, Evaluating and Developing Skills for Healthy Eating: Use of Ovens</b>   |   | <b>Healthy Eating: Planning, Evaluating and Developing Skills for Healthy Eating</b>   |   |
|                      | On a carousel with DT and ICT | Students will focus on the main health and safety procedures; use of equipment especially the use of knives. They will develop their cookery skills and nutritional knowledge by prepare a fruit salad, pasta sauce and Christmas rice crispies snacks.   |   | Students will focus on the main health and safety procedures; use of equipment; especially the use of ovens. They will use their cookery skills and nutritional knowledge by preparing 'Fake-aways'; a nutritious alternative to the traditional take-aways.   |   | Students will focus on the main health and safety procedures; use of equipment and will develop their skills and understanding of nutrition by preparing breakfast dishes such as fruit pancakes, egg and bacon muffins and fruit smoothies. |   |
|                      | PE                            | <b>Netball and Football</b>   | <b>Swimming</b>   | <b>Trampoline and Gymnastics</b>   | <b>Dance and Fitness</b>  | <b>Athletics</b>   | <b>Rounders and Orientation</b>   |
|                      |                               | Students will learn a range of basic skills in competitive sports. Skills to include - footwork, dodging and passing.   | Students will learn a range of skills from basic to life saving skills.   | Students will learn a range of basic trampolining skills including shapes, jumps, seat landing, front landing and back landing and how to perform a basic 10 bounce routine.   | Students will be able to learn a range of dance skills to perform a sequence based on a theme. (space, direction, levels). Students will be taught how to prepare, train and monitor fitness activities to improve a select group of fitness components.  | Students will learn to perform basic jumps and throws. They will have the opportunity to practice and test different components of fitness and determine how to improve these.   | Students will learn to perform basic catching and throwing skills- batting, bowling and fielding. Students will learn to use navigational skills. |
|                      |                               | <b>Football and Rugby</b>   | <b>Fitness and Basket ball</b>  | <b>Swimming</b>  | <b>Athletics</b>  | <b>Cricket and Softball</b>  |   |
|                      |                               | Students will learn a range of basic skills in competitive sports. Skills to include - footwork, dodging and passing.   | Students will be taught how to prepare, train and monitor fitness activities to improve a select group of fitness components. Students will be taught basic skills such as dribbling, passing and shooting.   | Students will learn a range of skills from basic to life saving skills.  | Students will learn to perform basic jumps and throws. To practice and test different components of fitness and how to improve these.   | Students will learn to perform basic catching and throwing skills- batting, bowling and fielding. Students will learn to perform basic catching and pitching and fielding skills.  |   |
|                      | RSE                           | <b>Being In My World</b>  | <b>Celebrating Difference</b>   | <b>Dreams &amp; Goals</b>  | <b>Healthy Me</b>   |  |   |
|                      |                               | Learners will look at their personality type, identify what is important to them, their influences and how this makes them feel. They will learn and talk about peer pressure. Learners will investigate ways in which they can stay safe online, think about their online identity, what they put online and the consequences of that. | Students will learn what the terms prejudice and discrimination mean and why it is important these issues are addressed along with challenging stereotypes. Learners will talk about bullying; the consequences, why someone might bully and where to seek help. They will also learn about human rights and protected characteristics. | Learners will set or identify dreams and goals for themselves and their futures. They will look at ways in which these can be achieved and how choices they make may affects these dreams and goals. If a learner ever experiences difficult times, they will look at coping strategies to ensure they are able to continue on their learning journey. | Learners will learn how to identify and deal with anxiety if it is experienced. They will discuss healthy choices to help manage stress. Substance abuse and it's detrimental effect will be taught. Learners will discover the importance of sleep, exercise and a healthy diet for their development. |  |   |

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| Year 8               |                 | Autumn 1   | Autumn 2 | Spring 1 | Spring 2  | Summer 1 | Summer 2 |
| Health and Wellbeing | Food Technology | <b>Planning, Evaluating and Skills for Healthy Eating: The role of carbohydrates in the body</b> |          |          | <b>Planning, Evaluating and Skills for Healthy Eating: The role of proteins in the body</b> |          |          |
|                      |                 | <b>Skills for Healthy Eating</b>   |          |          | <b>Skills for Healthy Eating</b>  |          |          |

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|         |              | Students will develop their cookery skills and nutritional knowledge especially of the role of carbohydrates in the body. They will prepare scones and fairy cakes using the rubbing method and creaming techniques. They will use the all in one method to prepare flapjacks. Students will focus on the main health and safety procedures; use of equipment and principles of healthy eating. |  |  | Students will develop their cookery skills and nutritional knowledge especially of the role of proteins in the body. They will prepare fish cakes and kebabs/koftas and Swedish meatballs in gravy. They will learn how to make a roux sauce. Students will focus on the main health and safety procedures; use of equipment; health and principles of healthy eating. |   |   |
| PE      |              | <b>Hockey and Netball</b>   | <b>Swimming</b>  | <b>Trampolining and Dance</b>  | <b>Orienteering and Badminton</b>  | <b>Athletics</b>  | <b>Rounders and Adventurous outside activities</b>  |
|         | <b>Girls</b> | Students will learn a range of basic skills in competitive sports. Skills to include - footwork, dodging and passing. In netball they will develop their skills which include dribbling, shooting and passing   | Students will learn a range of skills from basic to life saving skills.  | Students will learn a range of basic trampolining skills including shapes, jumps, seat landing; front landing; back landing and how to perform a basic 10 bounce routine. During their dance lesson, they will be able to learn a range of dance skills to perform a sequence based on a theme. They will explore space, direction and levels. | Students will be able to perform a range of basic orienteering and navigational skills around the school. During badminton, students will be taught how to perform basic skills such as serving, returning including the fore and back arm.  | Students will learn to perform basic jumps and throws. They will also have the opportunity to practice and test different components of fitness and determine how to improve these. | Students will learn to perform basic catching and throwing skills in addition to batting, bowling and fielding in rounders. They will also continue to learn how to use navigational skills.  |
| Boys    |              | <b>Football and Rugby</b>   | <b>Fitness and basket ball</b>   | <b>Swimming</b>  | <b>Handball and Fitness</b>  | <b>Athletics</b>  | <b>Cricket and Softball</b>   |
|         |              | Students will learn a range of basic skills in competitive sports. They will learn to dribble, shoot, pass, positions and tactics in football. Skills developed in rugby to include passing, catching and tackling.   | Students will be taught how to prepare, train and monitor fitness activities to improve a select group of fitness components. They will be taught basic skills such as dribbling, passing and shooting in basketball.  | Students will learn a range of skills from basic to life saving skills.  | Students will be able to perform a range of basic skills including - catching, dribbling, passing, shooting and feinting. Students will be taught how to prepare, train and monitor fitness activities to improve a select group of fitness components.  | Students will learn to perform basic jumps and throws. They will also practice and test different components of fitness and consider how they can improve these.                    | Students will learn to perform basic catching and throwing skills in addition to batting, bowling and fielding in cricket. During lessons focussed on softball, students will learn to perform basic catching and pitching while improving their fielding skills. |
| RSE/PSE |              | <b>Relationships</b>  | <b>Changing Me</b>   | <b>Anger Management</b>  | <b>Substance Abuse</b>   | <b>Mental Health &amp; Wellbeing</b>  |   |
|         |              | Learners will discuss relationships they currently have and how these may change with time. They will decide what makes a healthy relationship, be aware of boundaries and how to keep control of these. They will learn how to manage relationships that may display control and coercion.   | Learners will discuss how feelings towards others may change or develop as they become older. They will learn about the physical changes that will occur. They will discuss online content and how this can be damaging to body image and ideals of relationships. | Learners will identify what makes them angry and how this can be dealt with in a different way and places they can seek help for this behaviour.   | Students will learn about legal and illegal drugs. They will learn about their dangers. Students will explore that through their actions, they can respond to and/or manage these in order to actively reduce the risk of harm to themselves and to others.  | Students will focus on health and wellbeing. They will learn about physical; emotional; and mental health and how to look after all three.  |   |

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| Year 9               |                 | Autumn 1  | Autumn 2   | Spring 1   | Spring 2   | Summer 1  | Summer 2  |
| Health and Wellbeing | Food Technology | <b>Family cooking and budgeting</b>   |  |  |  | <b>Show case skills</b>   |   |
|                      |                 | Healthy budget friendly meals that can be adapted to suit various tastes of family members. Recipes include curry, bolognaise and egg fried rice. Pupils continue to develop their skills using a selection of equipment e.g. air fryers and variety of cooking methods including simmering, stir fry and baking. |  |  |  | Pupils will plan a dish that they can prep and cook within 40 minutes show casing skills that they have learnt and developed over the last 3 years. |   |
|                      | PE              | <b>Netball/Football/Touch Rugby</b>   | <b>Trampolining</b>  | <b>Leadership skills/Problem Solving</b>                       | <b>Athletics</b>   | <b>Orienteering</b>   | <b>Striking and fielding/Touch rugby</b>                          |
|                      | Girls           | Students will develop and improve a range of advanced   | Students will develop their trampolining skills. Learn front | Students will understand how to be a good team player and also | Students will develop and improve jumps and throws. They | Students will be able to perform a range of basic orienteering and  | Students will develop catching and throwing skills in addition to |

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|                |  | skills in competitive sports with a focus on tactics and how to make individual improvements.  | and back landings and include them in the school 10 bounce routine.   | develop their leadership skills through developing communication and listening skills.  | will also practice and test different components of fitness and consider how they can improve these.  | navigational skills around the school.  | batting, bowling and fielding in cricket. During lessons focussed on softball, students will learn to perform basic catching and pitching while improving their fielding skills |
| <b>Boys</b>    | <b>Rugby/Football</b>  | <b>Handball/Intro to GCSE/Rugby</b>  | <b>Leadership skills/problem solving</b>  | <b>Athletics</b>  | <b>Rugby 7's/Welsh baseball</b>   | <b>Cricket</b>  |   |
|                | Students will develop and improve a range of advanced skills in competitive sports. Skills to include - footwork, dodging and passing. In netball they will develop their skills which include dribbling, shooting and passing   | Students will be able to develop and improve a range of skills including - catching, dribbling, passing, shooting and feinting.  | Students will understand how to be a good team player and also develop their leadership skills through developing communication and listening skills.   | Students will learn to develop and improve jumps and throws. They will also practice and test different components of fitness and consider how they can improve these.  | Students will learn to develop and improve catching and throwing skills in addition to batting, bowling and fielding.   | Students will learn to develop and improve catching and throwing skills in addition to batting, bowling and fielding in cricket.  |   |
| <b>RSE/PSE</b> | <b>Alcohol Awareness</b>   | <b>Crime Prevention &amp; Keeping Safe</b>   | <b>Globalisation</b>  | <b>Personal Money Management</b>  | <b>Anti - Bullying</b>  | <b>Sexual Health</b>  |   |
|                | Learners will look at different types of alcohol and their strengths. They will learn what the physical and psychological effects of alcohol abuse are and the effects it may have on their relationships and society. Learners will discuss why some people abuse alcohol and where they can get help to overcome their problems. | Students will learn the legal differences and consequences around alcohol, drug use and supply and anti social behaviour. They will also look at the effects such activities would have on relationships and the community. Learners will also look at how they can keep themselves safe online. Learners will discuss domestic abuse, how this affects a family, the positive outcomes of leaving an abusive situation and where help and support can be found. | Learners will look at the terms "globalisation" and "global citizen". They will discuss why there is still poverty and inequality in some countries. They will look at how globalisation has had an impact, locally, nationally and globally and how technology, politics and economics influences globalisation. | Learners will look at how to manage money sensibly through personal budgets and the obstacles they may encounter which may affect being able to manage finances effectively. They will be made aware of strategies used to try and entice people to spend money unintentionally. They will look at different banking options and the positives and negatives of credit cards and loans. | Learners will discuss the different types of bullying that may occur. They will look at why someone may choose to bully others and what the "bystander" effect is and how this may affect bullying. They will look at the effects that bullying has on a person and the support and help that is available to someone who is experiencing bullying. | Learners will be taught the male and female development. The physical and emotional consequences of engaging in sexual intercourse will be addressed. Learners will discuss the myths linked to contraception and STIs and learn accurate information about these topics. The law regarding age of consent, contraception and abortion will be addressed along with services for support. |   |

