

PE and Wellbeing Curriculum Overview

Albany Academy

Curriculum Overview for PE and Wellbeing				
Cycle A: Autumn Term				
Subject Content	Fitness	Basketball	Badminton	Dodgeball
Core knowledge	Leadership: Design and carry out a specific warm ups and lead a small group of students through this. Fundamentals: Different types of training impact on their fitness, understand how to perform the different test for health related components. Tactics and strategies: Select and apply exercises/skills to develop and improve their own fitness and health. Evaluation: Analyse performance and adapt	Leadership: Design and carry out a specific warm ups and lead a small group of students through this. Rules: Knowledge of the rules and scoring systems. Fundamentals-dribbling/passing/receiving: Refine skills of ball control. Passing – when to select and apply the correct pass in football. Shooting/set plays: develop and demonstrate set plays. Explore, plan & implement tactics and strategies from restarts/set plays. Scenario game.	Leadership: To be able to design and carry out a specific warm ups and lead a small group of students through this. Rules: Rules for service, Dimensions of the court for singles and doubles play, Rules of scoring and officiating. Fundamentals: Demonstrates a range of shots. Exert an influence on game. Good range of strokes and tactics in evidence even under pressure in rallies. Anticipation of opponent's shots and the ability to disguise own shots. Strategies: Variation of serve. Shot selection for service return. Position on court. Decision making in serve. Shot disguise/feints.	Leadership: To be able to design and carry out a specific warm ups and lead a small group of students through this. Rules: To develop knowledge of the rules and scoring systems. Fundamentals-passing/receiving: able to refine skills of ball control. Passing – to select and apply the correct shot. Shooting/set plays: Explore, plan & implement tactics and strategies from restarts/set plays. Defending: Replicate blocking and dodging

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		Defending/tackling: Techniques to dispossess opposition. To be able to select and apply the correct type of marking. How to attack/defend as team. Evaluation: Analyse performance and adapt	Evaluation: Analyse performance and adapt strategies within a game.	techniques. Attack/defend as team. Evaluation: Analyse performance and adapt strategies within a game.
Key Skills	- Aspects of a warmup. - Health related components. Circuit training. FITT. Safety in the gym. Farlek training Isometric and isotonic contractions. - Different fitness test for skill related principles (Balance, Power, Co-ordination, Agility, Reaction Time, Speed). - To understand how to use the different	- Fundamentals of Passing, catching, dribbling and movement off the ball. - Shooting using a set shot, marking and defending, positional play. - Understanding of rules and basic umpiring skills. Play in competitive situations to develop teamwork and communication skills.	- Racquet skills: Understands grip, overhead clear, drop shot, smash, high and low service. Use of forehand and backhand. - Understands markings on the court. - Basic knowledge of scoring both singles and doubles. - Use of communication and teamwork skills. - Demonstrate how to prepare physically for a game of badminton.	- Throwing, catching, attack and defence. - Basic rules of the game. - Tactics in game situations. - Developmental determination to get the other team out. - Confidence in catching the ball. - Blocking techniques using the ball.

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	equipment safely in the fitness studio.		Can use a series of shots and serves.	
	RT Wellbeing Curriculum: Food and Nutrition; Healthy Bodies and Minds; On the Move; Reading			

Cycle A: Spring Term				
Subject Content	Fitness	Football	Leadership/OAA	Table Tennis
Core knowledge	Leadership: Design and carry out a specific warm ups. Fundamentals: Different types of training impact on their fitness, understand how to perform the different test for health related components. Tactics and strategies: Select and apply exercises/skills to develop and improve	Leadership: Design and carry out a specific warm ups. Rules: Knowledge of the rules and scoring systems. Fundamentals- dribbling/passing/receiving: Refine skills of ball control. Passing – understand when to select and apply the correct pass in football. Shooting/set plays: Explore, plan & implement tactics and strategies from restarts/set plays. Scenario game. Key role of the goalkeeper.	Leadership: Design and carry out a specific warm ups. Fundamentals: Communication – giving and receiving instructions from teachers and peers, Problem Solving, Teamwork, Map Reading Develop understanding: Skills for use in later life both in a sporting context and general day-to-day life	Leadership: Design and carry out a specific warm ups. Rules: Rules for service, Rules of scoring and officiating. Fundamentals: Demonstrates a range of shots. Exert an influence on game. Good range of strokes and tactics in evidence even under pressure in rallies. Shows anticipation of opponent's shots and the ability to disguise own shots. Strategies: Variation of serve. Shot selection for service return.

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	their own fitness and health. Evaluation: Analyse performance and adapt	Defending/tackling: Replicate tackling techniques to dispossess opposition. Select and apply the correct type of marking. Understand how to attack/defend as team. Evaluation: Analyse performance and adapt.	Understanding health benefits of physical activity: Through orienteering and teambuilding activities. Develop understanding of these skills: For use in later life both in a sporting context and general day-to-day life.	Evaluation: Analyse performance and adapt strategies within a game.
Key Skills	- Aspects of a warmup. - Health related components. Circuit training. FITT. Safety in the gym. Farlek training Isometric and isotonic contractions. - Different fitness test for skill related principles (Balance, Power,	- Conditioned games, Passing, turning under control, attacking and beating an opponent, shooting, defensive tactics and set plays. - Football specific warmup creation, accuracy and passing selection, controlling the ball with different parts of the body. Selecting and applying the correct shot. Understanding the role of a goalkeeper. Selecting and applying headers. Marking when defending a cross.	- Problem-solving in teams - Developing communication, - Teamwork - Leadership skills.	- Batting skills: Understands grip. Use of forehand and backhand. - Understands markings on the table - Basic knowledge of scoring both singles and doubles. - Use of communication and teamwork skills.

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	Co-ordination, Agility, Reaction Time, Speed).	Tactical awareness of attacking and defending.		
	RT Wellbeing Curriculum: Food and Nutrition; Healthy Bodies and Minds; On the Move; Reading			

Cycle A: Summer Term				
Subject Content	Fitness	Short Tennis	Cricket	Rounders
Core knowledge	Leadership: Design and carry out a specific warm ups. Fundamentals: Different types of training impact on their fitness, understand how to perform the different test for health related components. Tactics and strategies: Select and apply exercises/skills to develop	Leadership: Design and carry out a specific warm ups. Rules: Rules for service, Dimensions of the court for singles and doubles play, Rules of scoring and officiating. Fundamentals: Range of shots. Able to exert an influence on game. Good range of strokes and tactics in evidence even under	Leadership: Design and carry out a specific warm ups. Rules: To understand how to perform the role of the umpire and apply the rules of the game correctly in a game. Fundamentals: Placement of the ball when batting. Bowl correctly. Throwing and catching techniques and how to apply them to the game. Knowledge of the roles for different fielding positions.	Leadership: Design and carry out a specific warm ups. Rules: Perform the role of the umpire and apply the rules of the game correctly in a game. Fundamentals: Placement of the ball when batting. Bowl correctly. Throwing and catching techniques and how to apply them to the game. Knowledge of the roles for different fielding positions.

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	and improve their own fitness and health. Evaluation: Analyse performance and adapt	pressure in rallies. Shows anticipation of opponent's shots and the ability to disguise own shots. Strategies: Maximise effectiveness of game play. Variation of serve. Shot selection for service return. Position on court. Decision making in serve. Use of footwork to restrict playing backhand strokes. Shot disguise/feints. Health and fitness: To understand the components of fitness applicable to the game. Evaluation: Analyse performance and adapt strategies within a game.	Strategies: Refine tactics and game strategies to improve team performances. Accurately replicate a full range of techniques in a competitive match. Health and fitness: Components of fitness applicable to the game. Evaluation: Analyse performance and adapt strategies within a game.	Strategies: To refine tactics and game strategies to improve team performances. To accurately replicate a full range of techniques in a competitive match. Health and fitness: Components of fitness applicable to the game. Evaluation: Analyse performance and adapt strategies within a game.
Key Skills	Aspects of a warmup.	Racquet skills: Understands grip. Use of forehand and backhand ground	Grip, batting with increased accuracy, bowling with basic spin and good length,	Batting using forehand and backhand action. W

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	- Health related components. Circuit training. FITT. Safety in the gym. Farlek training Isometric and isotonic contractions. - Different fitness test for skill related principles (Balance, Power, Co-ordination, Agility, Reaction Time, Speed).	strokes. Smash and drop shot. Underarm and overarm serve. - Understands markings on the court. - Basic knowledge of scoring both singles and doubles. - Use of communication and teamwork skills	positions, understanding of basic rules. - Performs advanced shot and fielding in a safe and tactical manner. - Bowls with turn towards the wicket. - Catching a ball off bat. - Understands different fielding positions and uses tactics where appropriate. - Batting and bowling skills developing accuracy.	- Throw the ball with accuracy and consistency over various distances. - Bowl correctly at various heights using the spinning technique. - Catch the ball at various heights, speed and use the long barrier and attacking a barrier. - Strategic placement of the ball when batting. - Fielding positions.
	RT Wellbeing Curriculum: Food and Nutrition; Healthy Bodies and Minds; On the Move; Reading			
Cycle B: Autumn Term				
Subject Content	Fitness	Basketball	Badminton	Dodgeball
Core knowledge	Leadership: Design and carry out a specific warm ups and lead a	Leadership: Design and carry out a specific warm ups and	Leadership: To be able to design and carry out a specific warm ups and lead	Leadership: To be able to design and carry out a specific warm ups

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small group of students through this. Fundamentals: Different types of training impact on their fitness, understand how to perform the different test for health related components. Tactics and strategies: Select and apply exercises/skills to develop and improve their own fitness and health. Evaluation: Analyse performance and adapt	lead a small group of students through this. Rules: Knowledge of the rules and scoring systems. Fundamentals-dribbling/passing/receiving: Refine skills of ball control. Passing – when to select and apply the correct pass in football. Shooting/set plays: develop and demonstrate set plays. Explore, plan & implement tactics and strategies from restarts/set plays. Scenario game. Defending/tackling: Techniques to dispossess opposition. To be able to select and apply the correct type of	a small group of students through this. Rules: Rules for service, Dimensions of the court for singles and doubles play, Rules of scoring and officiating. Fundamentals: Demonstrates a range of shots. Exert an influence on game. Good range of strokes and tactics in evidence even under pressure in rallies. Anticipation of opponent's shots and the ability to disguise own shots. Strategies: Variation of serve. Shot selection for service return. Position on	and lead a small group of students through this. Rules: To develop knowledge of the rules and scoring systems. Fundamentals-passing/receiving: able to refine skills of ball control. Passing – to select and apply the correct shot. Shooting/set plays: Explore, plan & implement tactics and strategies from restarts/set plays. Defending: Replicate blocking and dodging techniques. Attack/defend as team. Evaluation: Analyse performance and adapt strategies within a game.
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		marking. How to attack/defend as team. Evaluation: Analyse performance and adapt	court. Decision making in serve. Shot disguise/feints. Evaluation: Analyse performance and adapt strategies within a game.	
Key Skills	- Aspects of a warmup. - Health related components. Circuit training. FITT. Safety in the gym. Farlek training - Isometric and isotonic contractions. - Different fitness test for skill related	- Fundamentals of Passing, catching, dribbling and movement off the ball. - Shooting using a set shot, marking and defending, positional play. - Understanding of rules and basic umpiring skills. Play in competitive situations to develop teamwork	- Racquet skills: Understands grip, overhead clear, drop shot, smash, high and low service. Use of forehand and backhand. - Understands markings on the court. - Basic knowledge of scoring both singles and doubles.	- Throwing, catching, attack and defence. - Basic rules of the game. - Tactics in game situations. - Developmental determination to get the other team out. - Confidence in catching the ball. - Blocking techniques using the ball.

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	principles (Balance, Power, Co-ordination, Agility, Reaction Time, Speed). To understand how to use the different equipment safely in the fitness studio.	and communication skills.	- Use of communication and teamwork skills. - Demonstrate how to prepare physically for a game of badminton. - Can use a series of shots and serves.	
	RT Wellbeing Curriculum: Food and Nutrition; Healthy Bodies and Minds; On the Move; Reading			

Cycle B: Spring Term				
Subject Content	Fitness	Football	Leadership/OAA	Table Tennis

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		Understand how to attack/defend as team. Evaluation: Analyse performance and adapt.	both in a sporting context and general day-to-day life.	Evaluation: Analyse performance and adapt strategies within a game.
Key Skills	- Aspects of a warmup. - Health related components. Circuit training. FITT. Safety in the gym. Farlek training Isometric and isotonic contractions. - Different fitness test for skill related principles (Balance, Power, Co-ordination,	- Conditioned games, Passing, turning under control, attacking and beating an opponent, shooting, defensive tactics and set plays. - Football specific warmup creation, accuracy and passing selection, controlling the ball with different parts of the body. Selecting and applying the correct shot. Understanding the role of a goalkeeper. Selecting and applying headers. Marking when defending a cross.	- Problem-solving in teams - Developing communication, - Teamwork - Leadership skills.	- Batting skills: Understands grip. Use of forehand and backhand. - Understands markings on the table - Basic knowledge of scoring both singles and doubles. - Use of communication and teamwork skills.

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	Agility, Reaction Time, Speed).	Tactical awareness of attacking and defending.		
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Cycle B: Summer Term				
Subject Content	Fitness	Short Tennis	Cricket	Rounders
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	develop and improve their own fitness and health. Evaluation: Analyse performance and adapt	and the ability to disguise own shots. Strategies: Maximise effectiveness of game play. Variation of serve. Shot selection for service return. Position on court. Decision making in serve. Use of footwork to restrict playing backhand strokes. Shot disguise/feints. Health and fitness: To understand the components of fitness applicable to the game. Evaluation: Analyse performance and adapt strategies within a game.	Knowledge of the roles for different fielding positions. Strategies: Refine tactics and game strategies to improve team performances. Accurately replicate a full range of techniques in a competitive match. Health and fitness: Components of fitness applicable to the game. Evaluation: Analyse performance and adapt strategies within a game.	roles for different fielding positions. Strategies: To refine tactics and game strategies to improve team performances. To accurately replicate a full range of techniques in a competitive match. Health and fitness: Components of fitness applicable to the game. Evaluation: Analyse performance and adapt strategies within a game.
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Key Skills	- Aspects of a warmup - Health related components. Circuit training. FITT. Safety in the gym. Farlek training - Isometric and isotonic contractions. - Different fitness test for skill related principles (Balance, Power, Co-ordination, Agility, Reaction Time, Speed).	- Racquet skills: Understands grip. Use of forehand and backhand ground strokes. Smash and drop shot. Underarm and overarm serve. - Understands markings on the court. - Basic knowledge of scoring both singles and doubles. - Use of communication and teamwork skills	- Grip, batting with increased accuracy, bowling with basic spin and good length, positions, understanding of basic rules. - Performs advanced shot and fielding in a safe and tactical manner. - Bowls with turn towards the wicket. - Catching a ball off bat. - Understands different fielding positions and uses tactics where appropriate. - Batting and bowling skills developing accuracy.	- Batting using forehand and backhand action. - Throw the ball with accuracy and consistency over various distances. - Bowl correctly at various heights using the spinning technique. - Catch the ball at various heights, speed and use the long barrier and attacking a barrier. - Strategic placement of the ball when batting. - Fielding positions.
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	RT Wellbeing Curriculum: Food and Nutrition; Healthy Bodies and Minds; On the Move; Reading
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