



MELBOURN VC PE DEPARTMENT SEQUENCING



	KS3	Life skills
Invasion Games (Rugby, Hockey, Netball, Football and Basketball)	Mastering advanced skills that enables pupils to lead warm ups, play competitive games and officiate games. Pupils will play small sided and full sided games. They will develop their understanding of the tactics and strategies associated with the sports. Pupils will develop their leadership skills and be able to lead groups/teams.	Team work Communication Decision making
Racket Sports (Badminton, Table Tennis and Tennis)	Mastering advanced skills that enable pupils to play matches, doubles games will be explored. Pupils will develop strategies and tactics to beat opponents. Pupils will take a lead role in officiating.	Decision making Communication
Fitness	Pupils will understand the importance of a healthy and active lifestyle and will be able to create a fitness plan to improve their fitness and wellbeing. Pupils will learn about the body systems and how they are improved through different types of fitness. Pupils will be able to use the fitness quite safely and will learn how to progress their fitness.	Creative thinking Working with others Evaluation and analysis
Athletics	Master techniques and increase weight and distance in each discipline. Apply rules and regulations to each activity.	Resilience Self-awareness Evaluation and analysis
Striking and Fielding (Rounders, softball and Cricket)	Mastering advanced techniques and applying them into competitive games. Strategies and tactics will be developed to enhance the success of the athletes. Pupils will be able to officiate and lead games.	Team work Communication Decision making
Multi Sports	Master advanced techniques, evaluate and implement use of tactics and strategies and be able to officiate games.	Team work Communication Decision making
Assessment opportunities	Pupils will be assessed on their Kit, participation and attitude in PE lessons.	

Pupils should be able to clearly identify how skills are transferred across different sports and how skills are developed throughout their learning.