GDST

Year 13 (SPR) •

Other works by Sidi Larbi Cherkaoui (Babel and Zero Degrees); key practitioners, Matthew Bourne (Swan Lake and Car Mann) and Akram Khan (Zero Degrees and Rush) Preparation for practical examination for solo, quartet and choreography Biomechanical principles; further development of sports psychology; sport & society and the role of technology

Year 12 (SUM)

Dance / PE Key practitioners Robert North (Lonely Town Lonely Street/Death of a Maiden) and Richard Alston (Wildlife and Soda Lake)

> Introduction to quartet performance Role of technology; information processing; biomechanical principles; training methods

> > Year 12 (AUT)

Year 11 (SPR) •

Compulsory area of Study Rambert Dance Company; Compulsory set work Rooster Choreography; solo workshops based on key practitioners

Cardiovascular/respiratory system; skill characteristics; emergence & globalisation of sport

Core / Dance / GCSE PE Continue with anthology; Artificial Things; Within her Eyes; Introduction to section B, analysis of own performance Students respond creatively to an externally set stimulus to choreograph their own complete dance Develop an understanding of sociocultural influences and movement analysis; application of sports psychology Leadership and netball

Year 10 (SUM)

Core / GCSE PE / Dance Continue with anthology; Infra; extended writing questions; Develop key set phrases into a trio/duet performance using choreographic devices To develop an understanding of physical training and aerobic and anaerobic respiration Tennis and rounders /cricket (swimming for GCSE PE pupils)

> **Year 10** (AUT) **(** Core Games / GCSE PE / Dance

Key terminology; safe practice; nutrition; Choreography; set phrases Breathe and Shift Develop knowledge of assessment criteria and examination structure Increase understanding of anatomy and physiology and the links to sporting examples Increase knowledge of health, fitness and well-being. Netball and fitness (swimming for GCSE PE pupils)

Year 9 (SPR)

Trampolining / Swimming / Fitness / Football Greater focus on performing in full competitive situations and consistently applying appropriate rules Increasing the ability to officiate and regulate competitive situations Devise tactics and strategy to changing situations/performance scenarios

Year 8 (SUM) (

Cricket / Athletics / Rounders / Fitness Development of more complex skills and techniques and application to competitive situations Responsibility for delivering warm-ups/cool downs Role of a coach introduced

Year 8 (AUT)

Hockey / Dance / Football/ Trampolining Development of more complex skills and techniques and application to competitive situations Responsibility for delivering warm-ups/cool downs Role of a coach introduced Dance focus on the style 'Street Dance' and exploring different dynamic/action content

Year 7 (SPR)

Gymnastics / Swimming / Dance / Hockey

Introduction to key skills and techniques needed to be competent in the various activities Block of gymnastics to further develop movement, control and confidence in their own physical ability

Year 6 (SUM) •-

Tennis / Athletics / Cricket Striking with purpose and direction, accuracy and control Respond to the time of the game and the needs of the situation Judgements on speed in athletics to pace long distance runs

Year 6 (AUT)

Hockey / Netball Using and developing learnt techniques through gameplay Application of increasing tactics to ensure outcomes during games Use and application of rules both during games and officiating Respond to changes in games to control situations

Gymnastics / Dance / Football

Year 5 (SPR)

Explaining different dance styles, composing and creating phrases Comment on the work of themselves & others Creating sequences in gym and develop advanced movements in flight

Year 4 (SUM)

Athletics / Tennis / Cricket Use a range of skills to play small competitive games Striking/fielding Use of techniques in athletics to obtain objectives

> Year 4 (AUT) Hockey / Netball

Using skills with increasing control and development into small sided games Working within the rules of the games and applying them to games of others Use of tactics to beat opponents

Year 3 (SPR) Gymnastics / Dance / Football Translation of ideas into dance

Repeating actions and developing sequences (warriors) Learn and use a range of body movements Evaluate their own work

> Year 2 (SUM) 🧼 Athletics Challenges / Team Games / Striking

Agility and co-ordination games using a variety of skills and equipment Use of simple tactics in different situations

Year 2 (AUT)

Ball Skills & Games / Agility Using skills with control and accuracy during small games Developing body awareness in playground games using tactics during games Learning how to make decisions

Year 1 (SPR)

Gymnastics & Dance Explaining body movements and using them safely and confidently Describing their own and others' movements Recognition of how the body feels after exercise

Reception (SUM) Agility / Balance / Co-ordination Development of movement skills Changing direction Further development of handling skills with balls & equipment

Reception (AUT)

Large Body Movements Development of large body movement through playground games

> Nursery (SPR) Gross Motor Skills / Movement & Development

Movement development through dance and large group songs Further learning through play

Year 13 (SUM)

Revision; exam questions. Revision, Moderation & Coursework

Year 13 (AUT) Dance / PE

Optional area of study The Independent Contemporary Dance Scene in Britain; set work 'Sutra' Injury, rehabilitation and the use of energy systems in performance; introduction to sports psychology; sport & society and the role of technology

Year 12 (SPR)

Dance / PE Other works by Christopher Bruce, Swansong and Ghost dancers Develop own solo performance

Neuro-muscular system; musclo-skeletal system; impact of sport on society; theories of learning

Analysis of own performance; revision; exam questions; Coursework and Revision

Develop an understanding of sports psychology and further investigate physical training

Year 11 (SUM) Core/Dance/GCSE PE

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Completion of coursework; final collection of practical evidence, examination revision

Games and competitive situations (swimming for GCSE pupils) **Year 11** (AUT)

Core / Dance / GCSE PE Continue with anthology; Emancipation of Expressionism; exam questions; Examination preparation for set phrases Breathe and Shift and for trio/duet performance

Leadership and badminton (swimming for GCSE PE pupils)

Year 10 (SPR) Core PE/ Applied Anatomy & Physiology / Dance Intro to anthology; A Linha Curva; Shadows; Set phrases Flux and Scoop; develop movement using choreographic

Increase knowledge of diet, energy use and somatotypes in relation to different physical activity; Understand the

Year 9 (SUM)

Football and badminton

Tennis / Athletics / Rounders / Cricket

devices; introduction to duet/trio performance.

effects of exercise on the cardio respiratory system

Greater focus on performing in full competitive situations and consistently applying appropriate rules Increasing the ability to officiate and regulate competitive situations

Devise tactics and strategy to changing situations/performance scenarios

Year 9 (AUT)

Hockey / Netball / Dance / Badminton

Greater focus on performing in full competitive situations and consistently applying appropriate rules Increasing the ability to officiate and regulate competitive situations Devise tactics and strategy to changing situations/performance scenarios In dance, the challenge is to apply increasingly difficult choreography devices

Year 8 (SPR)

Mini Tennis / Swimming / Badminton / Netball Development of more complex skills and techniques and application to competitive situations

Responsibility for delivering warm-ups/cool downs Role of a coach introduced

Year 7 (SUM)

Athletics / Football / Rounders / Cricket Introduction to key skills and techniques needed to be competent in the various activities

Year 7 (AUT)

Hockey / Dance / Netball / Mini Tennis Baseline testing on all activities Introduction to key skills and techniques needed to be competent in the various activities

Dance focus on performance skills e.g. gestures and characterisation

Year 6 (SPR)

Gymnastics / Dance / Football Large group sequence development using isolation as a theme Understand dances as a form of fitness Combine gymnastic techniques to create fluent routines

Evaluate and comment on others' and their own routines Year 5 (SUM)

Athletics / Tennis / Cricket Play games using skills and techniques

Respond to changing situations Development of athletics techniques to overcome obstacles

Year 5 (AUT) Hockey / Netball

Travelling faster with more control and development of skills within games Developing accuracy and technique to get better outcomes during games

Year 4 (SPR)

Gymnastics / Dance / Football

Can perform dances in a group with characters and narratives - Lion King **Evaluating own performances** Repeating actions and developing sequences based around balance in gym Make judgements on others' work

Year 3 (SUM)

Athletics / Tennis / Cricket Learning basic skills and applying them to small games

Developing the skills to be successful during games Developing running, jumping and throwing techniques

Year 3 (AUT)

Basic skills learnt to prepare for small sided team games Travelling with balls and movements to keep possession keeping in line with

rules and using them to monitor own games

Year 2 (SPR)

Gymnastics & Dance Moving the body confidently and safely

Exploring movements and actions Developing skills and repeating them with a discussion about how to improve

Year 1 (SUM)

Athletics Challenges / Team Games / Striking

Using skills to gain outcomes during games Control and accuracy of balls and objects during games

Year 1 (AUT)

Agility Co-ordination Learning about controlling the body, changing direction with fluency

Development of skills with balls: rolling, throwing and striking

Reception (SPR) **Gymnastics & Dance**

Development of balance and exploration of movements Recognising the changes in the body during movement

Nursery (SUM)

'Cosmic Yoga' / 'Sticky Kids'

Development of movement + body awareness through fun songs and dance

Nursery (AUT)

Movement & Body Awareness

Learning through play Development of movement skills & how to coordinate