



## AUTUMN 1 - HONESTY

Knowledge Organiser	COF-Power/Strength Muscles-Biceps/Tricep Hinge Joints/ Flexion and Extension/ Articulating bones Bones-Humerus/Radius/Ulna MOT-Fartlek COF-Balance/Agility		
Week Beginning	Girls	Boys	Mixed
2 <sup>nd</sup> Sept	Induction	Induction	Induction
9 <sup>th</sup> Sept	Cross-Country	Cross-Country	Cross-Country
16 <sup>th</sup> Sept	Bleep Test	Bleep Test	Bleep Test
23 <sup>rd</sup> Sept	Baseline	Baseline	Baseline
30 <sup>th</sup> Sept	Rugby	Rugby	Rugby
7 <sup>th</sup> Oct	Rugby	Rugby	Rugby
14 <sup>th</sup> Oct	Rugby	Rugby	Rugby

## AUTUMN 2 - HOPEFUL

Week Beginning	Girls	Boys	Mixed
4 <sup>th</sup> Nov	Rugby	Rugby	Rugby
11 <sup>th</sup> Nov	Rugby	Rugby	Rugby
18 <sup>th</sup> Nov	Rugby	Rugby	Rugby
25 <sup>th</sup> Nov	Rugby	Rugby	Rugby
2 <sup>nd</sup> Dec	Rugby	Rugby	Rugby
9 <sup>th</sup> Dec	End of Term Test	End of Term Test	End of Term Test
16 <sup>th</sup> Dec	Inter-house Rugby	Inter-house Rugby	Inter-house Rugby

## SPRING 1 - PATIENT

Knowledge Organiser	COF-Flexibility/Muscular Endurance/Cardiovascular Endurance Bones-Femur/Tibia/Fibula MOT-Continuous Muscles-Hamstring/quadriceps/gastrocnemius COF-Co-ordination Ball & Socket – Hip/shoulder		
Week Beginning	Girls	Boys	Mixed
6 <sup>th</sup> Jan	Netball	Football	Badminton
13 <sup>th</sup> Jan	Netball	Football	Badminton
20 <sup>th</sup> Jan	Netball	Football	Badminton
27 <sup>th</sup> Jan	Netball	Football	Badminton
3 <sup>rd</sup> Feb	Netball	Football	Badminton
10 <sup>th</sup> Feb	Netball	Table Tennis	Badminton

## SPRING 2 - HUMBLE

Week Beginning	Girls	Boys	Mixed
24 <sup>th</sup> Feb	Badminton	Table Tennis	Hockey
2 <sup>nd</sup> Mar	Badminton	Table Tennis	Hockey
9 <sup>th</sup> Mar	Badminton	Table Tennis	Hockey
16 <sup>th</sup> Mar	Badminton	Table Tennis	Hockey
23 <sup>rd</sup> Mar	End of Term Test	End of Term Test	End of Term Test
30 <sup>th</sup> Mar	Inter-house Tournament	Inter house-Tournament	Inter house-Tournament

## SUMMER 1 – SELF CONTROL

Knowledge Organiser	COF-Reaction/speed Bones-carpals/metacarpals/tarsals/metatarsals/Phalanges MOT-Weight Training Muscles-Trapezius/latissimus dorsi/deltoids		
Week Beginning	Girls	Boys	Mixed
20 <sup>th</sup> April	Athletics (Shot & 100m)	Athletics (High Jump)	Athletics (100m & shot)
27 <sup>th</sup> April	Athletics (High jump))	Athletics (100m & Shot)	Athletics (Discus & 1500m)
4 <sup>th</sup> May	Athletics (Discus & 100m)	Athletics (1500m & Discus)	Athletics (High Jump)
11 <sup>th</sup> May	Short Tennis	Cricket	Tennis
18 <sup>th</sup> May	Short Tennis	Cricket	Tennis

## SUMMER 2 - CONSIDERATE

Week Beginning	Girls	Boys	Mixed
1 <sup>st</sup> Jun	Short Tennis	Cricket	Tennis
8 <sup>th</sup> Jun	Short Tennis	Cricket	Tennis
15 <sup>th</sup> Jun	Rounders	Short tennis	Cricket
22 <sup>nd</sup> Jun	Rounders	Short Tennis	Cricket
29 <sup>th</sup> Jun	Rounders	Short Tennis	Cricket
6 <sup>th</sup> Jul	Rounders	Short Tennis	Cricket
13 <sup>th</sup> Jul	End of term test	End of term test	End of term test

