



AUTUMN 1 - HONESTY

Knowledge Organiser	1 st class Lever, 2 nd class lever, 3 rd class lever, sagittal plane, frontal plane, transverse plane frontal axis, longitudinal axis, transverse axis		
Week Beginning	Girls	Boys	Mixed
2 nd Sept	Cross-Country	Cross-Country	Cross-Country
9 th Sept	Bleep Test	Bleep Test	Bleep Test
16 th Sept	Netball	Rugby	Handball
23 rd Sept	Netball	Rugby	Handball
30 th Sept	Netball	Rugby	Handball
7 th Oct	Netball	Rugby	Handball
14 th Oct	Netball	Rugby	Handball

AUTUMN 2 - HOPEFUL

Week Beginning	Girls	Boys	Mixed
4 th Nov	Dance	Badminton	Hockey
11 th Nov	Dance	Badminton	Hockey
18 th Nov	Dance	Badminton	Hockey
25 th Nov	Dance	Badminton	Hockey
2 nd Dec	Dance	Badminton	Hockey
9 th Dec	End of Term Test	End of Term Test	End of Term Test
16 th Dec	Inter-house Tournament	Inter-house Tournament	Inter-house Tournament

SPRING 1 - PATIENT

Knowledge Organiser	Skilful movement – fluent, efficient, co-ordinated, aesthetic, predetermined, types of guidance – visual, verbal, manual, mechanical, environmental continuum (open & closed), skill continuum (simple & complex)		
Week Beginning	Girls	Boys	Mixed
6 th Jan	Football	Table tennis	Badminton
13 th Jan	Football	Table tennis	Badminton
20 th Jan	Football	Table tennis	Badminton
27 th Jan	Football	Table tennis	Badminton
3 rd Feb	Football	Table tennis	Badminton
10 th Feb	Football	Table tennis	Badminton

SPRING 2 - HUMBLE

Week Beginning	Girls	Boys	Mixed
24 th Feb	Trampolining	Football	Table Tennis
2 nd Mar	Trampolining	Football	Table Tennis
9 th Mar	Trampolining	Football	Table Tennis
16 th Mar	Trampolining	Football	Table Tennis
23 rd Mar	End of Term Test	End of Term Test	End of Term Test
30 th Mar	Inter-house Tournament	Inter house-Tournament	Inter house-Tournament

SUMMER 1 – SELF CONTROL

Knowledge Organiser	Mental preparation techniques – selective attention, positive thinking, mental rehearsal, imagery, types of feedback – positive, negative, knowledge of results, knowledge of performance.		
Week Beginning	Girls	Boys	Mixed
20 th April	Athletics (Javelin & 200m)	Athletics (Long Jump)	Athletics (800m & Discus)
27 th April	Athletics (Long Jump)	Athletics (800m & Discus)	Athletics (Javelin & 200m)
4 th May	Athletics (800m & Discus)	Athletics (Javelin & 200m)	Athletics (Long Jump)
11 th May	Short Tennis	Cricket	Tennis
18 th May	Short Tennis	Cricket	Tennis

SUMMER 2 - CONSIDERATE

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