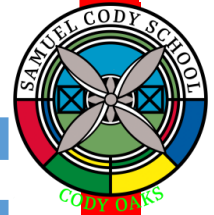


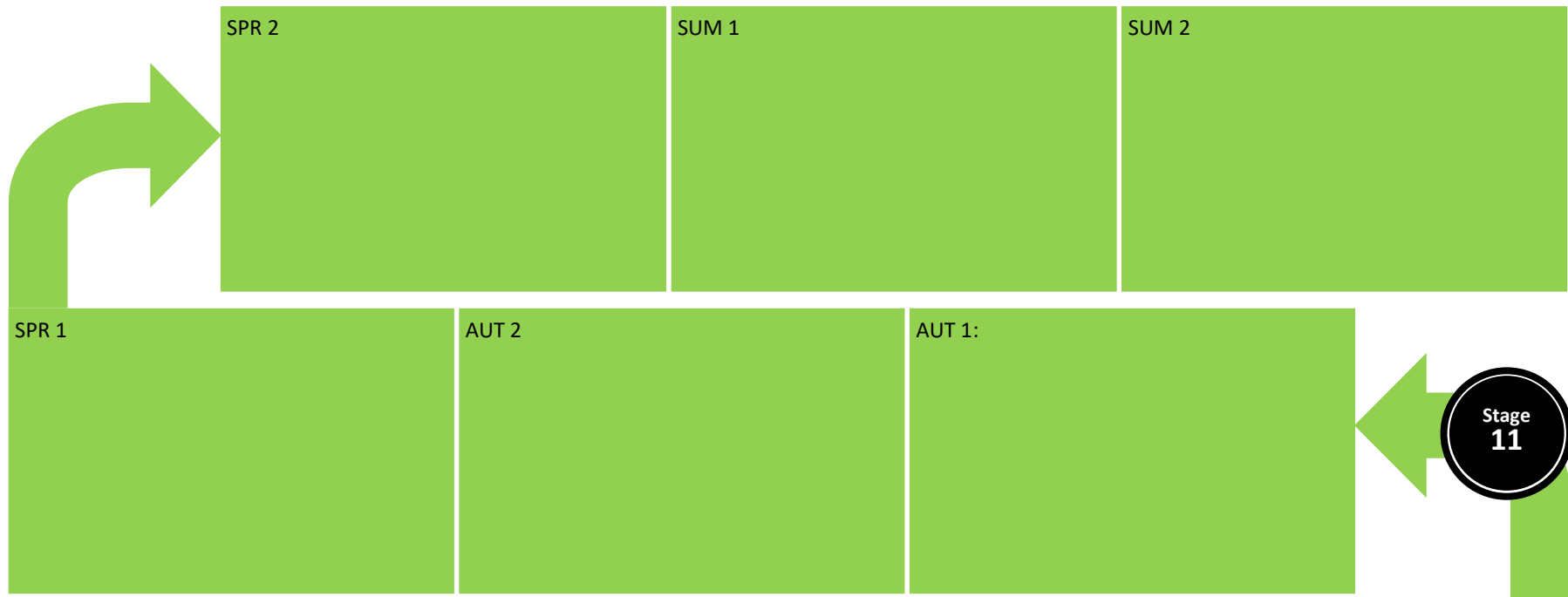
# Cody Oaks Curriculum Pathway (SUBJECT)

Post  
16

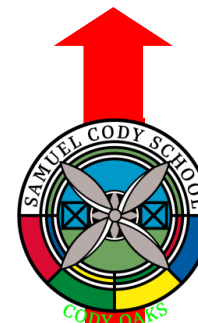
Destination opportunities (KS5):



Therapeutic approach



Stage  
11



Therapeutic approach

Stage 10

Stage 9

SUM 2 Ultimate Frisbee

- Introduce basic skills (backhand pass)
- Introduce passing to a moving target
- Introduce fundamentals of forehand pass
- Passing through both sides of the body
- Introduce offensive & defensive tactics
- Use learnt within competitive game play

SUM 1: Athletics

- Introduce transitioning through sprint phases
- Develop understanding of pace for middle distance running
- Triple jump develop understanding of the three phases
- Introduce high jump focus of the basic techniques
- Introduce moving through the phases for shot put & discuss
- Introduce moving through the phases for javelin

SPR 2: Volleyball

- Introduce basic volleyball concepts Volley/Set
- Introduce the dig technique
- Introduce basic serving principles
- Introduce the spike technique
- Player positioning on court for best outcomes
- Use learnt with competitive game play

AUT 1: Tag rugby (rugby league)

- Introduce basic skills sending / receiving ball
- Introduce tagging & evasion
- Passing & catching to a moving target
- Introduce play the ball & attacking
- Introduce game rules & game tactics
- Use learnt skills within competitive game play

AUT 2: Badminton

- Movement and forehand rallying
- Introduce the overhead clear shot
- Introduce the smash & jump smash shot
- Introduce the drop shot technique
- Basic double skills working together
- Use learnt skills within competitive game play

SPR 1: Fitness Dance Aerobics  
Outside provider

SUM 2: Cricket

- Fielding fundamentals
- Batting- defensive shots
- Batting- cut
- Bowling-spin/pace
- Wicket keeping

SUM 1: Athletics

- Introduce sprint starts focus 100m & 200m
- Develop understanding of middle distance running
- Introduce throwing technique for shot put
- Introduce throwing technique for javelin

SPR 2: Netball

- Recap netball fundamentals
- Use of space/court linkage
- Attacking principles
- Defending principles
- Tactics- centre pass/within the circle

AUT 1: Invasion games (Basketball)

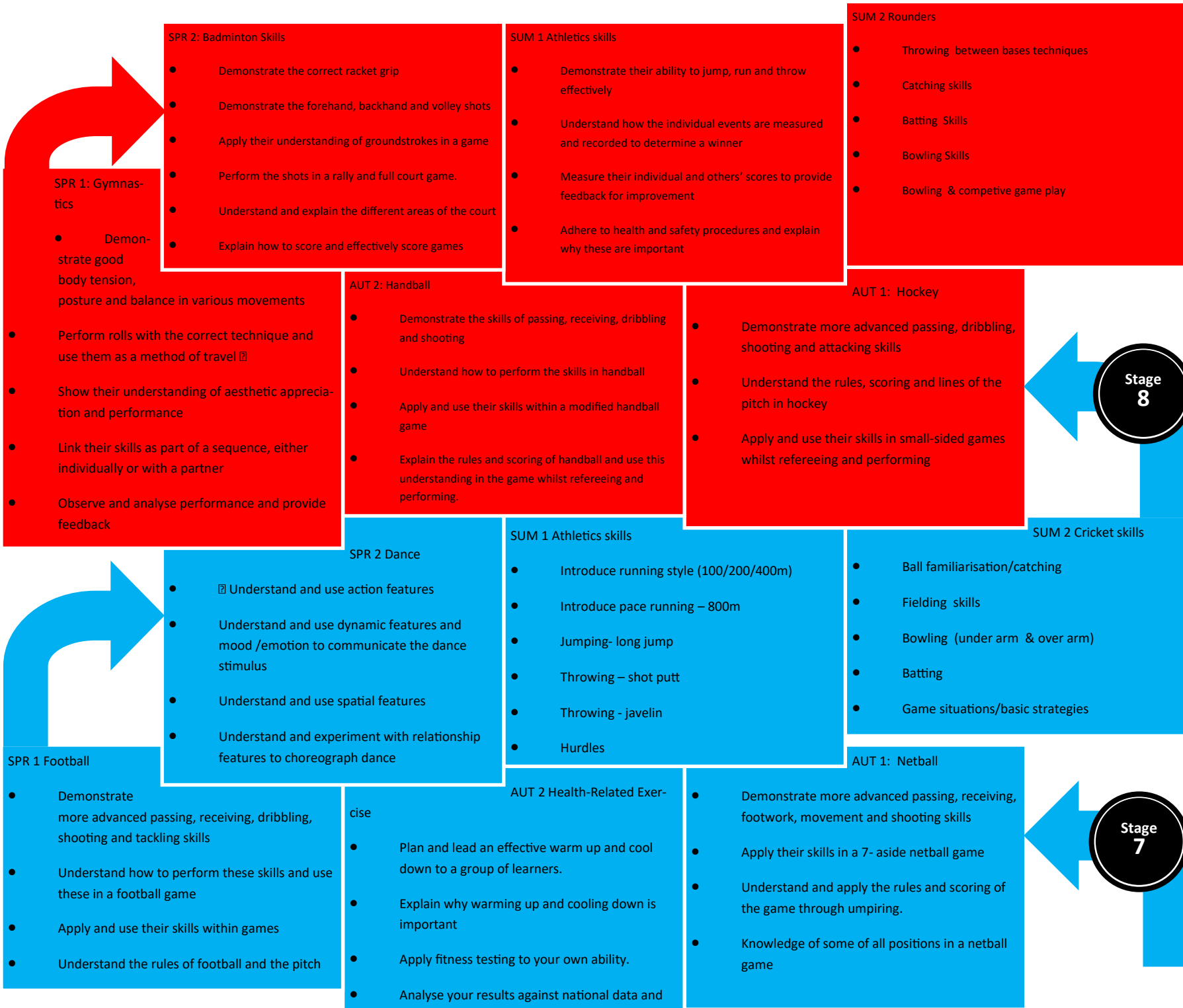
- Attacking/Outwitting an opponent
- Develop shooting – lay up
- Defence – Zone
- Strategies for attack/ 3 man weave
- Tactics

AUT 2: orienteering / cross country

- Indoor Navigation game
- Treasure Island game
- Folding and thumbing the map
- Turning, folding and thumbing exercise
- Navigating simple courses

SPR 1: Street Dance

- Introduce street dance
- Accentuation (finishing moves)
- Body and arm waves (develop body movements)
- Crazy legs (moving legs quickly)
- Freezes (stopping movement to different shapes)



Therapeutic approach

- Understand importance of having good agility, balance, coordination ABC's in tennis
- To be able to push ball using f/h and b/h
- To be able to play a forehand shot
- To understand what shots can be used in attacking play
- To be able to play a backhand shot
- To be able to play a tennis serve
- To be able to apply all skills learnt in a tennis match

- Demonstrate quick reactions and rapid acceleration
- Pass a relay baton at speed using a push pass. Sustain running at a consistent pace
- Demonstrate running and hurdling at pace
- Perform dynamic combination jump sequences with control
- Perform triple jump combination sequences with balance and control.
- Jump from side to side with balance, speed and rhythm Hop for distance Jump for distance

- To be able to throw and catch accurately
- To be able to develop batting techniques
- To be able to begin bowling overarm
- Develop understanding of how to play Kwik Cricket
- Develop hand grip and be able to manipulate direction of hockey stick
- Develop block tackling

**SPR 1: Circuit Training**

- To use the correct technique in a variety of circuit exercises
- To understand the core muscles of the body and their importance
- To understand the muscles in the arms and legs and their importance
- To use the correct technique in a variety of circuit exercises and improve on previous results
- To understand the importance of cardiovascular training
- To use the correct technique in a variety of circuit exercises and improve on previous results

Swimming

**AUT 2: Gymnastics Movement**

- Develop and refine different ways to travel
- Develop ways to move over and object and link different moves
- Develop jumps and rolls off an object, sequence movements
- To evaluate their and others performance to a set criteria
- To be able follow safety procedures, develop locomotion over large apparatus
- Develop and perform a sequence of movements over different apparatus

- AUT 1: Invasion games Tag rugby; Basketball;**
- Basketball (3 weeks):**
- Dribbling skills
  - 3 passing skills—chest / bounce / overhead
  - Shooting skills & play competitive game
- Tag rugby skills (3 weeks):**
- Developing handling skills
  - Developing passing skills
  - Team work & Competitive game



**SPR 2: Creative Movement: Dance**

- Compose motifs and plan dances creatively collaboratively in groups
- Adapt the weight, space and rhythm in a dance sequence
- Perform different dance styles of dance fluently
- Organise their own warm-ups and cool-downs
- Show an understanding of safe exercising
- Individual and peer assessment

Swimming

- SUM 1: Developing Movement: running, jumping, throwing (Athletics)**
- To practise and refine existing running, jumping and throwing skills.
  - To practise jumping for height (high jump)
  - To practice jumping for distance (long jump)
  - To sustain my running pace over longer distances
  - Develop throwing technique (javelin)
  - Develop pushing technique (shot putt)

Swimming

- SUM 2: Exploring Skills: Striking and Fielding (Rounders)**
- Batting and bowling
  - Throwing and catching
  - Backstop and bases
  - Deep fielding
  - Tactics and strategy
  - Playing competitive games

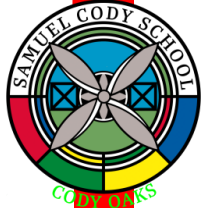
Swimming



- SPR 1: Working together And Individual Challenges Football**
- Develop dribbling and moving into space
  - Sending and receiving a ball (team work)
  - Sending a ball with power (shooting)
  - Turning and tricks (moving away and finding space)
- Swimming

- AUT 2: outdoor Adventures Activities (OAA)**
- Team Building activities
  - Compass work
  - Maps Skills
  - Group Orienteering
  - Individual Orienteering

- AUT 1: Indoor Hockey**
- Be able to control a ball by dribbling and using a stick
  - To be able to pass to the right and left whilst travelling
  - To pass the ball whilst travelling up the court and to shoot with speed from appropriate positions.
  - To use tackling to take possession of the ball.
  - To refine passing and shooting skills
  - To evaluate own performance and others in a small game



Therapeutic approach