YEAR 7			Summer Term				
	Attack & Defence Principles	Dance & Gymnastics	Netball	Badminton	Rugby	Striking & Fielding	Athletics
Knowledge	Attacking Themes  • Keep possession  • Create Space  • Move ball into attacking position  • Speed and Intensity  • Outwitting Opponents  Defensive Themes  • Regain possession  • Reduce space (Blocking)  • Defensive positioning (Goal side)  • Marking (Man to man/Zonal)	Learn motif 1 and travel sequence in small groups     Motif and Travel Sequence development     Introduction of Motif 2     Development of motif and new chorography     Practices and finalise motifs     Assessment	Shooting and defending     Game play and tactics	Racket familiarisation Serving Overhead shots Introduction to game play rules Underarm shots Singles games	Pass and running with the ball Rugby basics (Run forwards, pass backwards, supporting play) Tackling Tackling and continuity of play Offside and Intro to rucks Rucks and defensive organisation	Introduction to fielding Application of fielding skills (conditioned games) Bowling Batting Fielding positions / game application Game application and assessment	Sprinting (100m) / relay Pacing and Endurance running (800m) Jumping for distance Long Jump Jumping for height Throwing (technique)
Themes	<ul> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual game</li> <li>Develop their technique and improve their performance in other competitive sports</li> <li>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> </ul>						

YEAR 8		А	utumn and Spring	Summer Term				
	Dance & Gymnastics	Basketball	Netball	Rugby	Football	Cricket	Rounders	Athletics
Knowledge	<ul> <li>individual         Balances</li> <li>Paired and         counter balances</li> <li>Rolls</li> <li>Travel and         choreographic         devices</li> <li>Devise a         sequence</li> <li>Assessment of         Sequence</li> </ul>	<ul> <li>Sending and receiving/Triple threat</li> <li>Footwork and Pivoting</li> <li>Shooting – Lay-up and Set shot</li> <li>Dribbling</li> <li>Defending – On and Off the ball</li> <li>Shooting, game play and tactics</li> </ul>	<ul> <li>Recap passing skills and fundamental rules</li> <li>Timing of pass and support play</li> <li>Attacking play and outwitting opponents</li> <li>Marking and defending</li> <li>Shooting</li> <li>Game play and tactics</li> </ul>	Recap year 7     (Main Rules,         Tackling, Offside)     Attacking and     defensive shape     Rucking and     offside     Intro to scrums     Game play and     application of skills     and rules     Game and skill     assessment	<ul> <li>Develop passing</li> <li>dribbling, turns and outwitting a defender</li> <li>Develop attack</li> <li>Develop shooting</li> <li>Heading and throwins</li> <li>Defensive strategies</li> </ul>	<ul> <li>Introduction         to fielding – Low         and High catching</li> <li>Fielding skills –         short barrier</li> <li>Bowling</li> <li>Batting –         straight/cover         drive</li> <li>Fielding positions -         game application</li> <li>Game application -         assessment lesson</li> </ul>	Introduction to fielding - low and high catching Fielding skills – short barrier  Bowling development  Batting development  Positional roles / tactic and strategy  Game application - assessment lesson	Sprinting (200m) / relay Pacing and Endurance running (1500m) Jumping for distance - Triple Jump Jumping for height Throwing - technique and distance Throwing - technique and distance Throwing - technique and distance
Themes	• Develop their tech	nnique and improve th	neir performance in	other competitive spo	on through team and indivorts vement to achieve their p			

YEAR 9			Autumn and Spri	Summer Term				
	Dance & Gymnastics	Badminton	Football	Fitness	Team Building & Orienteering	Cricket	Rounders	Athletics
Knowledge	Development of approach, take off and landing     Jump on Jump off, basic shapes     Through and straddle vaults     Advanced Vaulting - Hand springs     Create a sequence linking to year 7     Vaulting and sequence Assessment	<ul> <li>Serving - Tactics</li> <li>Positioning on the court</li> <li>Singles         <ul> <li>Gameplay and Tactics</li> </ul> </li> <li>Doubles         <ul> <li>Gameplay and Tactics</li> </ul> </li> <li>Singles and Doubles umpiring</li> <li>Assessment and competition</li> </ul>	Different types of passes that can be used (When and where)     Control and turning     Playing into space     Shooting techniques and offside     Defensive techniques and decision making     Tactics and formations	Introduction to types of training (Interval). Introduction to component of fitness (Speed) Introduction to types of training (Circuit) endurance/coordination/agility) Introduction to types of training (Continuous) Introduction to types of training (Plyometric) Introduction to component of fitness (Power) Introduction to types of training (Stretching) Introduction to component of fitness (Flexibility)	<ul> <li>How to read a map and orientating a map</li> <li>6 figure grid references</li> <li>Picture Orienteering</li> <li>Team Building &amp; Problem Solving</li> </ul>	Introduction to fielding — Deep catching Fielding skills — attacking the ball - one hand pick and flick Bowling - accuracy and variety Batting — Running between the wickets / pull shot / square cut. Game application - batting and fielding tactics Assessment lesson	Introduction to fielding — Deep catching Fielding skills — attacking the ball one hand pick and flick Bowling accuracy and variety Batting tactics - running bases, backhand shot Game application - batting and fielding tactics Assessment lesson	<ul> <li>Sprinting (300m) / relay</li> <li>Pacing and Endurance running - competitive</li> <li>Jumping</li> <li>Throwing</li> <li>Mini Competition</li> </ul>
Themes	<ul> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual game</li> <li>Develop their technique and improve their performance in other competitive sports</li> <li>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems</li> </ul>							

YEAR 10			Autumn ar	Summer Term					
	Dodgeball/ Benchball	Netball	Handball	Badminton	Football	Fitness	Cricket	Rounders	Athletics
Knowledge	Benchball - recap skills and game application     Benchball - competitive games     Dodgeball - teacher led rule changes	Rule     familiarisation     and recap of     basic skills from     KS3     Pass and     receiving,     Recap     positions     Attack and     defence     Umpiring and     gameplay	Introduction to handball and basic rules     Shooting Technique and attacking play     Defensive principles: Man to man & Zonal Marking     Refereeing/gameplay	<ul> <li>Singles Play - recapping rules</li> <li>Doubles Play - recapping rules</li> <li>King of the Court Tournament</li> <li>Round robin Tournament</li> </ul>	<ul> <li>Ball familiarisation and recap of basic skills from KS3</li> <li>Attacking/defending strategies to effect gameplay</li> <li>Formations and outwitting opponents</li> <li>Refereeing/ gameplay</li> </ul>	<ul> <li>Introduction to planning an exercise programme</li> <li>Introduction to progressive overload</li> <li>Introduction to creating physical challenges and an exercise routine</li> <li>Student to follow their planned exercise routine and physical challenges</li> </ul>	<ul> <li>Fielding skills - game application</li> <li>Batting skills - game application</li> <li>Umpiring and gameplay</li> <li>Umpiring and gameplay</li> </ul>	<ul> <li>Fielding skills - game application</li> <li>Batting skills - game application</li> <li>Umpiring and gameplay</li> <li>Umpiring and gameplay</li> </ul>	• Sprinting • Throw - Shot / Javelin / Discus • Relay • Jump - Long Jump / High Jump
Themes	<ul> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual game</li> <li>Develop their technique and improve their performance in other competitive sports</li> <li>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> </ul>								

YEAR 11	Team Sport	Alternative Sport	Fitness & Wellbeing	World Sports	Traditional Summer Sports	NetWall				
	• Football	Basketball	I Interval Training	Gaelic football	Cricket	Table tennis				
	Handball	<ul> <li>Benchball</li> </ul>	Circuit Training	<ul> <li>Ultimate Frisbee</li> </ul>	Rounders	• Pat ball				
	• Tag - Rugby	<ul> <li>Dodgeball</li> </ul>	• Yoga	<ul> <li>Tag American football</li> </ul>	Athletics	<ul><li>Short Tennis</li></ul>				
Knowledge	• Lacrosse		• Pilates	Tchauk Ball	Softball	<ul> <li>Volleyball</li> </ul>				
	<ul> <li>Gaelic football</li> </ul>									
	<ul> <li>Ultimate frisbee</li> </ul>									
	Netball									
	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual game									
Themes	<ul> <li>Develop their</li> </ul>	Develop their technique and improve their performance in other competitive sports								
	<ul> <li>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> </ul>									