

YEAR 10	Autumn and Spring Term						Summer Term		
	Dodgeball/ Benchball	Netball	Handball	Badminton	Football	Fitness	Cricket	Rounders	Athletics
Knowledge	<ul style="list-style-type: none"> Benchball - recap skills and game application Benchball - competitive games Dodgeball - teacher led rule changes 	<ul style="list-style-type: none"> Rule familiarisation and recap of basic skills from KS3 Pass and receiving, Recap positions Attack and defence Umpiring and gameplay 	<ul style="list-style-type: none"> Introduction to handball and basic rules Shooting Technique and attacking play Defensive principles: Man to man & Zonal Marking Refereeing/ gameplay 	<ul style="list-style-type: none"> Singles Play - recapping rules Doubles Play - recapping rules King of the Court Tournament Round robin Tournament 	<ul style="list-style-type: none"> Ball familiarisation and recap of basic skills from KS3 Attacking/defending strategies to effect gameplay Formations and outwitting opponents Refereeing/ gameplay 	<ul style="list-style-type: none"> Introduction to planning an exercise programme Introduction to progressive overload Introduction to creating physical challenges and an exercise routine Student to follow their planned exercise routine and physical challenges 	<ul style="list-style-type: none"> Fielding skills - game application Batting skills - game application Umpiring and gameplay Umpiring and gameplay 	<ul style="list-style-type: none"> Fielding skills - game application Batting skills - game application Umpiring and gameplay Umpiring and gameplay 	<ul style="list-style-type: none"> Sprinting Throw - Shot / Javelin / Discus Relay Jump - Long Jump / High Jump
Themes	<ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual game Develop their technique and improve their performance in other competitive sports Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 								

YEAR 11	Team Sport	Alternative Sport	Fitness & Wellbeing	World Sports	Traditional Summer Sports	NetWall
Knowledge	<ul style="list-style-type: none"> Football Handball Tag - Rugby Lacrosse Gaelic football Ultimate frisbee Netball 	<ul style="list-style-type: none"> Basketball Benchball Dodgeball 	<ul style="list-style-type: none"> Interval Training Circuit Training Yoga Pilates 	<ul style="list-style-type: none"> Gaelic football Ultimate Frisbee Tag American football Tchauk Ball 	<ul style="list-style-type: none"> Cricket Rounders Athletics Softball 	<ul style="list-style-type: none"> Table tennis Pat ball Short Tennis Volleyball
Themes	<ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual game Develop their technique and improve their performance in other competitive sports Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 					