

Year 7	Boys 1	Core	Gym	Handball	Football	Athletics	Athletics	Girls 1	Core	Badminton	Dance	Handball	Athletics	Athletics
Year 7		Baseline assessment on core activities	Explore core skills such as balance, rolls, spins and flight	Explore basic rules, simple skills such as throwing, catching and defending	Understand basic rules, know how to dribble and how to pass the ball	Explore ways of throwing and ways in which to gain speed			Baseline assessment on core activities	Explore skills such as Overhead clear and drop shot, how to serve	Explore the basics of dance, including choreography	Explore basic rules, simple skills such as throwing, catching and defending	Explore ways of throwing and ways in which to gain speed	
	Boys 2	Rugby	Fitness	Basketball	Table Tennis	Tennis	Cricket	Girls 2	Netball	Fitness	Table Tennis	Gymnastics	Rounders	
Year 7		Understand the safety aspects of the game. Be able to legally pass the ball and tackle safely.	Develop an understanding of pacing. Apply this to improve cardiovascular endurance.	Explore basic rules, how to shoot, basics of attack and defence	Explore basic shots such as forehand, backhand and be able to serve	How to hit the ball, how to play cooperative rallies	Develop basic understanding of rules. Develop core skills such as batting, bowling and fielding techniques.		Understand the basics of footwork, dodging, shooting and types of passes	Develop an understanding of pacing. Apply this to improve cardiovascular endurance.	Explore basic shots such as forehand, backhand and be able to serve	Explore core skills such as balance, rolls, spins and flight	Explore the basic core skills of bowling and batting. Gain a basic understanding of the rules.	
Year 8	Boys 1	Football	OAA	Basketball	Badminton	Athletics	Athletics	Girls 1	Fitness	Gym	OAA	Basketball/Volleyball	Athletics	Athletics
Year 8		Develop consistency and variation of passing, and dribbling. Be able to defend with some success.	Understand basic map reading skills, know how to thumb the map and be able to identify a checkpoint. Be able to locate various symbols using the map	Develop consistency and accuracy of skills, such as dribbling, set shot and shooting on the move.	Develop consistency and variation of shots, including lift, net and smash. Develop control of shots	Develop control and consistency when throwing, using shot, discus and javelin. Improve technique for running.			Develop an understanding of the different types of training and be able to apply these to different sports	Develop the use of core skills and apply to apparatus	Understand basic map reading skills, know how to thumb the map and be able to identify a checkpoint. Be able to locate various symbols using the map	Develop consistency and accuracy of skills, such as dribbling, set shot and shooting on the move. Understand the basic shots of set, dig and serve. Have some success at these over a net.	Develop control and consistency when throwing, using shot, discus and javelin. Improve technique for running	
	Boys 2	Table Tennis	Rugby	Fitness	Handball	Tennis	Striking and fielding	Girls 2	Handball	Netball	Badminton	Table Tennis	Striking & fielding	Tennis

Year 8		Develop when and where to play different shots. Improve consistency and accuracy of shots.	Improve control and accuracy of passing. Understand the use of space to outwit an opponent.	Develop an understanding of the different methods of training.	Develop control and consistency of passing and catching. Increase accuracy of shooting and develop dribbling within a game.	Develop the use of forehand and backhand, be able to serve. Apply consistency and variation to shots	Apply core skills to game play. Selection process e.g. which batting shot to play, which fielding technique to use		Develop control and consistency of passing and catching. Increase accuracy of shooting and develop dribbling within a game.	Develop consistency and accuracy of skills, use more advanced skills like reverse pivot	Application of shots to a game situation, using tactics and decision making of which shot to play and when	Develop when and where to play different shots. Improve consistency and accuracy of shots.	Develop core advanced skills such as long barrier, backhand hitting, and being able to direct the ball in a chosen direction.	How to hit the ball, how to play cooperative rallies
Year 9	Boys	Rugby	Football	Table Tennis	Handball	Fitness/GCSE	Badminton	Girls	Netball	Badminton	Fitness/GCSE	Handball	Table Tennis	Basketball/Volleyball
Year 9		Apply skills to outwit an opponent. Know when and where to pass/carry the ball in order to be successful in a game	Apply skills to a game situation in order to gain success. Be able to show the importance of keeping possession of the ball.	Use of shots in order to gain success in a game situation. Be able to apply tactics in order to be successful	Apply tactics and strategies in order to be successful in a game situation.	Develop an in depth understanding of the components of Fitness and how these relate to methods of training. Create own fitness sessions.	Use of shots in order to gain success in a game situation. Be able to apply tactics in order to be successful		Application of skills to a game. Be able to apply tactics and set plays to a game situation	Application of shots in order to gain success in a game situation. Be able to apply tactics to move a player around the court in order to be successful	Develop an in depth understanding of the components of Fitness and how these relate to methods of training. Create own fitness sessions.	Apply tactics and strategies in order to be successful in a game situation.	Use of shots in order to gain success in a game situation. Be able to apply tactics in order to be successful	Application of skills to a game situation, being able to use tactics such as man to man and some defence and apply them to a game.

Year 9	Boys	Striking and fielding	Athletics	Athletics	Tennis			Girls	Striking & fielding	Athletics	Athletics	Tennis		
Year 9	Summer	Apply core skills to game play. Selection process e.g. which batting shot to play, which fielding technique to use	Develop control and consistency when throwing, using shot, discus and javelin. Improve technique for running.		Develop the use of forehand and backhand, be able to serve. Apply consistency and variation to shots			Summer	Apply all skills used in a full game situation, be able to select which hit to use and be able to direct the ball. Be able to accurately throw the ball in when fielding and select which post is most appropriate to stop the batter scoring.	Develop control and consistency when throwing, using shot, discus and javelin. Improve technique for running		Develop the use of forehand and backhand, be able to serve. Apply consistency and variation to shots		