

YEAR 7	Autumn and Spring Term					Summer Term	
	Functional Skills	Attack & Defence Principles	Netball	Gymnastics	Tag Rugby	Striking & Fielding	Athletics
Knowledge and Skills	<u>Throwing and Catching</u> <ul style="list-style-type: none"> <li>Under arm throw</li> <li>Overarm throw</li> <li>Rolling a ball</li> </ul>	<u>Attacking Themes</u> <ul style="list-style-type: none"> <li>Keep possession</li> <li>Create Space</li> <li>Move ball into attacking position</li> <li>Speed and Intensity</li> <li>Outwitting Opponents</li> </ul> <u>Defensive Themes</u> <ul style="list-style-type: none"> <li>Regain possession</li> <li>Reduce space (Blocking)</li> <li>Defensive positioning (Goal side)</li> <li>Marking (Man to man/Zonal)</li> </ul>	<ul style="list-style-type: none"> <li>Passing and receiving</li> <li>Footwork and basic netball rules</li> <li>Positional awareness and position rules</li> <li>Creating space and attack</li> <li>Shooting and defending</li> <li>Game play and tactics</li> </ul>	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>Pass and running with the ball</li> <li>Rugby basics (Run forwards, pass backwards, supporting play)</li> <li>Use of tag belts</li> <li>Intro and application of offside</li> <li>Attacking and Defensive shape</li> <li>Creating space in attack</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to fielding</li> <li>Application of fielding skills (conditioned games)</li> <li>Bowling</li> <li>Batting</li> <li>Fielding positions / game application</li> </ul>	<ul style="list-style-type: none"> <li>Sprinting technique</li> <li>Relay – baton change over</li> <li>Pacing and Endurance running</li> <li>Throwing technique</li> <li>Transfer of body weight</li> </ul>
	<u>Jumping and Hopping</u> <ul style="list-style-type: none"> <li>Hopping</li> <li>Skipping</li> <li>One foot to two foot jump</li> <li>Two foot to one foot</li> <li>Two footed jump</li> <li>Lateral jumping</li> </ul> <u>Striking</u> <ul style="list-style-type: none"> <li>Using a racket or bat to hit a ball</li> </ul> <u>Kicking</u> <ul style="list-style-type: none"> <li>Kicking a ball on the floor</li> <li>Kicking a ball out of hand</li> <li>Kicking for power</li> <li>Kicking for accuracy</li> </ul>						
Themes	<ul style="list-style-type: none"> <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	Autumn and Spring Term				Summer Term		
	Gymnastics	OAA and Orienteering	Netball	Tag Rugby	Cricket	Rounders	Athletics
Knowledge and Skills	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>How to read a map</li> <li>orientating a map</li> <li>Finding your location on a map</li> <li>6 figure grid references</li> <li>Team Building &amp; Problem Solving</li> </ul>	<ul style="list-style-type: none"> <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>	<ul style="list-style-type: none"> <li>Recap year 7</li> <li>Attacking and defensive shape</li> <li>Continuity of play</li> <li>Game play and application of skills and rules</li> <li>Game and skill assessment</li> </ul>	<ul style="list-style-type: none"> <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</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to fielding - low and high catching</li> <li>Fielding skills – short barrier</li> <li>Bowling development</li> <li>Batting development</li> <li>Positional roles / tactic and strategy</li> <li>Game application</li> </ul>	<ul style="list-style-type: none"> <li>Sprinting technique</li> <li>Relay – baton change over</li> <li>Pacing and Endurance running</li> <li>Throwing - technique and distance</li> <li>Throwing - technique and distance</li> </ul>
Themes	<ul style="list-style-type: none"> <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 9	Autumn and Spring Term				Summer Term		
	Gymnastics	Sports Education	Football	Fitness	Cricket	Rounders	Athletics
Knowledge and Skills	<ul style="list-style-type: none"> <li>• Development of approach, take off and landing</li> <li>• Jump on Jump off, basic shapes</li> <li>• Through and straddle vaults</li> <li>• Advanced Vaulting - Hand springs</li> <li>• Create a sequence linking to year 7/8</li> <li>• Vaulting and sequence Assessment</li> </ul>	<p>Development and understanding of the roles within sport:</p> <ul style="list-style-type: none"> <li>• Captain</li> <li>• Vice Captain</li> <li>• Team manager</li> <li>• Warm up Coach</li> <li>• Team manager</li> <li>• Health and Safety officer</li> </ul> <p>Application of attacking and defensive principles</p>	<ul style="list-style-type: none"> <li>• Different types of passes that can be used (When and where)</li> <li>• Control and turning</li> <li>• Playing into space</li> <li>• Shooting techniques and offside</li> <li>• Defensive techniques and decision making</li> <li>• Tactics and formations</li> </ul>	<p>Introduction to types of training</p> <ul style="list-style-type: none"> <li>• Interval Training</li> <li>• Speed Training</li> <li>• Circuit Training</li> <li>• Continuous Training</li> <li>• Stretching and Flexibility Training</li> </ul> <p>Benefits of exercise on physical and mental wellbeing</p>	<ul style="list-style-type: none"> <li>• Introduction to fielding – Deep catching</li> <li>• Fielding skills – attacking the ball - one hand pick and flick</li> <li>• Bowling - accuracy and variety</li> <li>• Batting – Running between the wickets / pull shot / square cut.</li> <li>• Game application - batting and fielding tactics</li> <li>• Assessment lesson</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to fielding – Deep catching</li> <li>• Fielding skills – attacking the ball - one hand pick and flick</li> <li>• Bowling accuracy and variety</li> <li>• Batting tactics - running bases, backhand shot</li> <li>• Game application - batting and fielding tactics</li> <li>• Assessment lesson</li> </ul>	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <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 10	Autumn and Spring Term						Summer Term		
	Dodgeball/ Benchball	Netball	Handball	Sports Education	Football	Fitness	Softball	Pickleball	Athletics
Knowledge and Skills	<ul style="list-style-type: none"> <li>• Benchball - recap skills and game application</li> <li>• Benchball - competitive games</li> <li>• Dodgeball - teacher led rule changes</li> </ul>	<ul style="list-style-type: none"> <li>• Rule familiarisation and recap of basic skills from KS3</li> <li>• Pass and receiving, Recap positions</li> <li>• Attack and defence</li> <li>• Umpiring and gameplay</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to handball and basic rules</li> <li>• Shooting Technique and attacking play</li> <li>• Defensive principles: Man to man &amp; Zonal Marking</li> <li>• Refereeing/ gameplay</li> </ul>	Development and understanding of the roles within sport: <ul style="list-style-type: none"> <li>• Captain</li> <li>• Vice Captain</li> <li>• Team manager</li> <li>• Warm up Coach</li> <li>• Team manager</li> <li>• Health and Safety officer</li> </ul> Application of attacking and defensive principles	<ul style="list-style-type: none"> <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>	Methods of training <ul style="list-style-type: none"> <li>• Interval Training</li> <li>• Speed Training</li> <li>• Circuit Training</li> <li>• Continuous Training</li> <li>• Stretching and Flexibility Training</li> </ul> Benefits of exercise on physical and mental wellbeing	<ul style="list-style-type: none"> <li>• Intro and application of rules</li> <li>• Intro using a softball glove</li> <li>• Batting technique</li> <li>• Intro and application of tactics</li> <li>• Umpiring and gameplay</li> </ul>	<ul style="list-style-type: none"> <li>• Intro and application of rules</li> <li>• Forehand shots</li> <li>• Backhand shots</li> <li>• Serve</li> <li>• Intro and application of tactics</li> <li>• Umpiring and gameplay</li> </ul>	<ul style="list-style-type: none"> <li>• Sprinting</li> <li>• Distance running</li> <li>• Throw - Shot / Javelin / Discus</li> <li>• Relay</li> </ul>
Themes	<ul style="list-style-type: none"> <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	OAA, Fitness & Wellbeing	World Sports	Traditional Summer Sports	NetWall	Sports Education
Knowledge and Skills	<ul style="list-style-type: none"> <li>• Football</li> <li>• Handball</li> <li>• Tag - Rugby</li> <li>• Lacrosse</li> <li>• Gaelic football</li> <li>• Ultimate frisbee</li> <li>• Netball</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Benchball</li> <li>• Dodgeball</li> </ul>	<ul style="list-style-type: none"> <li>• Interval Training</li> <li>• Circuit Training</li> <li>• Yoga</li> <li>• Pilates</li> <li>• Team building</li> <li>• Orienteering</li> </ul>	<ul style="list-style-type: none"> <li>• Gaelic football</li> <li>• Ultimate Frisbee</li> <li>• Tag American football</li> <li>• Tchawk Ball</li> </ul>	<ul style="list-style-type: none"> <li>• Cricket</li> <li>• Rounders</li> <li>• Athletics</li> <li>• Softball</li> </ul>	<ul style="list-style-type: none"> <li>• Table tennis</li> <li>• Pat ball</li> <li>• Short Tennis</li> <li>• Volleyball</li> <li>• Pickleball</li> </ul>	<p>Development and understanding of the roles within sport:</p> <ul style="list-style-type: none"> <li>• Captain</li> <li>• Vice Captain</li> <li>• Team manager</li> <li>• Warm up Coach</li> <li>• Team manager</li> <li>• Health and Safety officer</li> </ul> <p>Application of attacking and defensive principles</p>
Themes	<ul style="list-style-type: none"> <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>						