

Y7 TERM 1 and 2

Multiskills:

- What are the components of fitness?
How do I use and develop agility, balance and coordination in different activities?

Football:

- How do I play a short pass, long pass, lofted pass with accuracy?
How do I stop the ball and dribble effectively?
- How do I choose the appropriate position to hold on the pitch?
- What are the different health-related fitness components?

Netball:

- How do I perform a chest, bounce and shoulder pass with accuracy?
How do I make sure I don't break the footwork rule?
- How do I play different positions in netball?
How do I use different passes to my advantage?
- How are the different health-related fitness components used?

Y7 TERM 3 and 4

Rugby:

- How do I play accurate rugby passes in a range of situations?
- How do we use passing to beat the opposition?
- What are the names of the muscles?

Basketball:

- How do I dribble under control?
- How do I choose the right type of shot?
How do I use different passes and types of dribbling to my advantage in basketball?
- How does aerobic endurance help in basketball?

Gymnastics:

- How do I perform a forward roll, backwards roll and cartwheel with accuracy?
- How do I choose the right types of travel to make a sequence?
How can I use flight, travel and balance to form aesthetically pleasing gymnastic routines?
- How does flexibility help in gymnastics?

Healthy Participation/OAA:

- How do I improve my verbal communication and active listening skills?
- How do I work in a team, build trust and develop skills to solve problems?
- What does it mean to be fit and healthy?
How do I define and test cardiovascular fitness?
What different activities can I do to improve my fitness?

Y7 TERM 5 and 6

Athletics:

- How do I run, throw and jump with accurate technique?
How do I improve my skills in track events, including changing stride, for different distances?
- How do I use pacing strategies in middle and long distance runs?
- How do I improve my health-related fitness components?
How do I safely participate in field activities?
How do I train to be fit for Athletics events?

Rounders/Cricket:

- How do I accurately use a short and long barrier?
How do I develop basic throwing and catching skills?
- How do we manipulate the field depending on the batters' strengths and weaknesses?
How do I retrieve the ball efficiently and why is this important?
- How does strength affect my fielding skills?

Y8 TERM 1 and 2

Netball:

- How do we perform man marking technique?
How do I mark, dodge and shoot successfully?
- How do we use movement to dodge an opponent?
- What are the skill-related components of fitness and how do they apply to netball?

Rugby:

- How do I tackle safely with accurate technique?
- How do I use running angles to outwit my opponent?
How do I advance up the pitch?
- What are the skill-related components of fitness and how do they apply to rugby?

Basketball:

- How do I perform a lay-up shot under pressure?
- How do we perform man and zonal marking strategies?
- What are the skill-related components of fitness and how do they apply to basketball?

Football:

- How do I use my body position to maintain control and possession of the ball?
- How do I use the width effectively when attacking?
What skills do I need in different positions?
- What are the skill-related components of fitness and how do they apply to football?

Y8 TERM 3 and 4

Trampolining:

- How do I perform basic skills such as a straight jump, seat drop and swivel hips with control?
How do I perform a fluent routine?
- How does flexibility influence my trampolining performance?

Athletics & Fitness:

- How do I drive my knees, hips and arms to achieve more powerful long and high jumps?
How do I adapt my skills for longer distances/height in jumping events?
How do I plan a long-distance run to best suit me?
- How does co-ordination influence my athletic ability?
- What are health related components of fitness?
How do I define and test all health-related components of fitness?
Have I improved my own fitness?

Healthy Participation/OAA:

- How do I lead an appropriate warm-up?
- How do I work efficiently in a team to build trust and develop skills to solve more complex problems?
How do I adapt my skills when working as a team or an individual?
- What effect does exercise have on my heart and lungs?

Y8 TERM 5 and 6

Short Tennis:

- How do I play aggressive forehand shots?
How do I control the direction of the ball?
How do I return the ball from both my left and right hand side?
- How do I select whether to play a defensive or attacking shot?
- How does my agility support my tactical play?

Athletics:

- How do I throw and jump using my centre of mass to support my technique?
How do I develop more complex throws in javelin, shot and discus for distance (preparation focus)?
- How do we structure our relay team based on our strengths and weaknesses?
How do I adapt my skills for longer distances in track events?
- How do I use my balance to improve my performance in athletics?

Rounders/Cricket:

- How do I field the ball in hard and fast to the basemen?
How do I bowl effectively?
- How do I back up my team-mates to ensure we field effectively?
- What are the rules I need to play by?
How does speed influence my gameplay?

Y9 TERM 1 and 2

Badminton:

- How do I play defensive and attacking shots with consistency?
- How do I choose the type of shot to play?
What is the best position to hold on court?
- How does my opponent's agility impact on my performance?

Netball/Handball:

- How do I play powerful and accurate passes into attacking positions?
- How do I organise a defensive tactic?
How do I read the game to make tactical decisions in order to outwit opponents?
- How does my cardiovascular endurance influence my tactical decisions?

Dance:

- How do I perform a dance phrase accurately and with expression throughout a performance?
- How do I apply canon and unison in an interesting way to my performance?
How do different techniques change the mood of a dance?
- How does my core strength impact upon my dance performance?

Y9 TERM 3 and 4

Rugby:

- How do I tackle with consistency during gameplay?
How do I provide support at the breakdown?
- How do I read the game to make tactical decisions in order to outwit opponents?
How can I use the rules to my advantage?
- How does my muscular strength impact on my performance?

Table Tennis:

- How do we play forehand and backhand shots with consistent accuracy?
- How do we vary the positioning of our shots to outwit the opponent?
- How does our footwork agility impact on our performance?

Basketball:

- How do I drive to the basket and maintain good lay-up technique?
- How do I perform a fast break?
How do I read the game to make tactical decisions in order to outwit opponents?
How can I use the rules to my advantage?
- How does my speed impact on my performance?

Y9 TERM 5 and 6

Rounders/Softball:

- How do I use a short barrier on the move to field a ball in quickly?
How can I better direct my hitting?
- How do I choose where to field the ball based on the position of the runners?
- How can I improve my tactical performance?
How does my speed affect my tactical decisions when batting?

Tennis:

- How do I serve with consistency?
- How do I adopt an attacking position on the court?
- How does my agility impact on my performance?

Athletics:

- How do I co-ordinate my arms, hips and knees to throw and jump with greater power?
How do I combine the preparation and execution phases effectively?
- How does developing my stride pattern improve my performance?
What are my strengths and specialisms?
How does muscular endurance and strength impact on my performance in different athletic events?

Football:

- How do I play the correct weight of pass depending upon the position of my team-mate?
- How do we control the width of the pitch as a defensive strategy?
- How does my speed influence my decision making?

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