

**KEY** Skills and techniques Tactics and strategies Healthy participation

## Y10 AUTUMN TERM 1

### Trampolining:

- How do I perform technically correct front and back landings?
- How do I sequence a fluent and complex routine?  
How are creative activities officiated?
- How can I effectively improve my flexibility?

### Dance:

- How do I improve the accuracy and precision the set motif?
- How can I create my own routine to music using a range of choreographical devices?
- How do particular training methods influence my ability to dance?

### Pickleball:

- How do I perform technically correct footwork for different shots and tactics?
- How do the skill related components of fitness, impact upon my performance?
- How do I train the skill related components of fitness for pickleball?

### Football or Netball:

- How would I need to train in order to improve my performance in relation to my fitness?

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## Y10 AUTUMN TERM 2

### Boxercise:

- How do I perform a technically correct cross and jab?
- How do I develop the key components of fitness required to be successful in boxercise?
- How can different training methods help me develop the adaptations needed to be successful in boxercise?

### Cheerleading:

- How do I improve my accuracy and precision of different skills when performing a routine?
- How do I combine different creative activities to choreograph a team routine to music?
- How might different training methods help me improve components of fitness related to cheerleading?

## Y10 SPRING TERM 1

### Dance:

- How do I improve my accuracy and precision when performing different skills as part of a routine?
- How do I interpret a stimulus to choreograph a routine which tells a story?
- How might different training methods help me improve different components of my performance?

## Y10 SPRING TERM 2

### Trampolining:

- How do I refine my skills to stay in time with my partner during a synchronised routine?
- How do I plan a synchronized routine to get the best results?
- How do I adjust different training methods for my own specific fitness needs?

### Volleyball:

- How do I develop perform the dig, set and spike shot with correct technique?
- How do I play the main shots in the correct order?
- How do I train my volleyball related components of fitness?

## Y10 SUMMER TERM 1

### Softball and rounders:

- How do I disguise and refine my directional batting skills?
- How do we get multiple outs when fielding?
- How do I train for striking and fielding activities?

### Diamond Cricket:

- How do I bowl with consistent line and length?
- How do I base my shot selection on the pitch of the ball?
- How would you apply principles of training for cricket?

## Y10 SUMMER TERM 2

### OAA:

- How do I successfully use a map?
- How do I work as part of a team to solve complex problems?
- How do I improve my fitness for OAA activities?  
What OAA activities are available to me?

### Athletics:

- How do I use momentum and centre of mass to refine my technique?
- How can I tactically run middle and long distance events in order to achieve the best possible time?
- How do I apply fitness training methods to gain athletic-based physique adaptations?

## Y11 AUTUMN TERM 1

### Boxercise:

- How do I combine music and dance with boxing to improve my guard, jab and footwork?
- How do I construct a jab sequence whilst maintaining my balance?
- How does physical activity impact upon my physical and mental health?  
How do I continue to take part in martial arts and fitness activities after I leave year 11?

### Cheer Leading:

- How do I perform more complex sequences as part of a routine?
- How does a cheer team use their understanding of an individual's strengths and areas to improve in order to design a more complex routine?
- How does physical activity impact upon my physical and mental health?  
How do I continue to take part in dance-based activities after I leave year 11?

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## Y11 AUTUMN TERM 2

### Dance:

- How do I combine skills to develop more complex moves and techniques?
- How can I choreograph a routine which uses a variety of different dance styles?
- Which method of training would best compliment the style of dance I am working on?

OR

### Volleyball:

- How do I perform digs, sets and spikes with consistent accuracy?
- How do I know which shots I should take and which I should leave for others to take?
- How does physical activity improve my mental health and well-being?

### Trampolining:

- How do I perform a technically correct front summersault?
- How do I build a routine which would gain the highest combined form and tariff score?  
What other opportunities are open to me in sport other than being a performer?
- How does physical activity improve my social health?

## Y11 SPRING TERM 1

### Table Tennis:

- How do we add different types of spin to our shots in order to deceive the opponent?
- How do select different types of shot in order to control a rally?
- What other opportunities are open to me in sport other than being a performer?  
How do I continue to take part in table tennis after I leave year 11?

OR

### Trampolining:

- How do I perform a technically correct front summersault?
- How do I build a routine which would gain the highest combined form and tariff score?
- What other opportunities are open to me in sport other than being a performer?  
How does physical activity improve my social health?

### Volleyball:

- How do I perform digs, sets and spikes with consistent accuracy?
- How do I know which shots I should take and which I should leave for others to take?  
What other opportunities are open to me in sport other than being a performer?
- How do I continue to take part in volleyball after I leave year 11?

### Rounders:

- How do I use biomechanical principles in order to hit the ball harder and with accuracy?
- How do we design our batting order in light of our teams' strengths and weaknesses?
- How does physical activity have positive impacts on my mental health?  
How do I continue to take part in summer sports after I leave year 11?

## Y11 SPRING TERM 2

### Diamond Cricket:

- How do I vary the pitch and pace of my bowling within an over?
- How do we set up our field in line with specific bowling strategies to put pressure on the batsman?
- How does physical activity have positive impacts on my mental health?

## Y11 SUMMER TERM 1

### Softball and rounders:

- How do I use biomechanical principles in order to hit the ball harder and with accuracy?
- How do we design our batting order in light of our teams' strengths and weaknesses?
- How does physical activity have positive impacts on my mental health?  
How do I continue to take part in summer sports after I leave year 11?

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