

Year 7

Autumn 1	Sport Education How do I select the correct technique for a specific jump? How do I work in a team, build trust and develop skills to solve problems? How does exercise affect my body and what adaptations might take place through training? 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 does motivation affect my health and performance?
Autumn 2	Football How do I play short and long passes, with accuracy? How do I stop the ball and dribble effectively? How do I create space for an effective pass? What training methods can I use to improve my aerobic fitness? Crew Competition: Netball/Football How do I apply my invasion game skills in a competitive situation? How do I use my problem solving and teamwork skills in an invasion game competition? How does my fitness impact upon the team's success?
Spring 1	Basketball How do I dribble under control with the correct technique? How do I use different passes and types of dribbling to my advantage in basketball? How do I train effectively using equipment, and incorporating the principles of rest and recovery? Rugby How do I vary my passing technique? How do we use passing to beat the opposition? What training methods can I use to improve my anaerobic fitness?
Spring 2	Crew Competition: Basketball How do I use my verbal and non-verbal communication skills to my teams advantage? What position should each member of the adopt on court in order to defend at our best? How does my anaerobic fitness impact upon the team's success?
Summer 1	Creative education How do I perform key choreographical features with control and fluency? How do I choreograph a gymnastics floor routine with a specified dance style? How does flexibility help in gymnastics? Pickleball How do I perform a controlled serve and forehand shot? How do I ensure I am ready to complete the next shot, by adopting the correct court position and stance? How do balance, co-ordination and agility affect my performance? Crew Competition: Pickleball How do I use my serving skills to my advantage in a competition? How can I move my opponent around the court? How does my aerobic fitness impact upon my success?
Summer 2	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 to I safely participate in field activities? Strike/Field 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?

Year 8

Autumn 1	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?
Autumn 2	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? 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 to they apply to football?
Spring 1	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? 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?
Spring 2	Fitness & Athletics 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?
Summer 1	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?
Summer 2	Pickleball 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? Strike/Field 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?

Year 9

Autumn 1	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 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?
Autumn 2	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? 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?
Spring 1	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?
Spring 2	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 we 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?
Summer 1	Pickleball How do I serve with consistency? How do I adopt an attacking position on the court? How does my agility impact on my performance?
Summer 2	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? Rounders 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?