

Year 10	Autumn 1	Football How do I play the ball into areas of the pitch which put the opponent under pressure? How do we use shape and movement to maintain possession of the ball? How do I train to improve my football related components of fitness? OR Netball How do I refine running pass and pivot in the air? How do I switch between man to man and zone marking to prevent the other team scoring? How do I know if my fitness training is having a successful impact on my performance?
	Autumn 2	Rotation of Handball How do I shoot powerfully with good technique? How do we perform set counter-attacking moves? How do I train to improve my handball performance? OR Basketball How do I perform a lay-up shot under pressure in a range of game related scenarios? How do we adapt our defensive strategy based upon the opponent's performance? How do I train to improve my basketball related components of fitness?
	Spring 1	THEN Dance How do I improve the accuracy and precision of 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? Trampolining How do I perform technically correct front and back landings? How do I begin to sequence a fluent and complex routine? How are creative activities officiated? How can I effectively improve my flexibility?
	Spring 2	Football How do I play the ball into particular areas of the pitch which put the opponent under pressure? How do we use shape and movement to maintain possession of the ball? How do I train to improve my football related components of fitness? OR Netball How do I refine running pass and pivot in the air? How do I switch between man to man and zone marking to prevent the other team scoring? How do I know if my fitness training is having a successful impact on my performance? OR Rugby How do I maintain good technique at breakdown? How do we use the breakdown to our advantage? How do I train to improve my rugby related components of fitness?
	Summer 1	Rotation of: 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? OR Badminton How do I develop my footwork to refine my shot technique? How do I play a variety of shots to my advantage, exposing my opponent's weaknesses? How do I officiate effectively? How would I train for badminton to improve my performance? 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?
	Summer 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?
Year 11	Autumn 1	Rotation of: Badminton How do I disguise different attacking shots in order to create greater space? How do I vary my shot selection in order to tire my opponent out? How does physical activity improve my mental health and well-being? How do I continue to take part in Badminton after I leave year 11? Pickleball How do I select shots and decide when to volley effectively? How do I employ my own gameplan based on the strengths and weaknesses of myself and my opponent? What other opportunities are open to me in sport other than being a performer? How do I continue to take part in net/wall activities after I leave year 11?
	Autumn 2	Rotation of: 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? Trampolining How do I perform a technically correct front ssomersault? 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?
	Spring 1	THEN OAA How do communicate clearly and confidently with others in pressured situations in order to lead successfully? How do I work as part of a team to solve complex problems? What OAA activities are available to me when I finish year 11?
	Spring 2	Drop down/choices
	Summer 1	
	Summer 2	Exams