

Year 7	Teacher		Term 1	Term 1	Term 2	Term 2	Term 3	Term 3	Term 4	Term 4	Term 5	Term 5	Term 6	Term 6
Class	A	B	5 Lessons	5 Lessons	7 Lessons	7 Lessons	6 Lessons	6 Lessons	6 Lessons	6 Lessons	5 lessons	5 lessons	7 lessons	7 lessons
7 G4			Netball	Gym	Basketball	Football	Badminton	Dance	Tag Rugby	OAA	Athletics	Athletics	Rounders	Cricket
7 G5			Gym	Netball	Football	Basketball	Dance	Badminton	OAA	Tag Rugby	Athletics	Athletics	Rounders	Cricket
7 B1			Rugby	Basketball	Dance	badminton	Football	Handball	Gym	Netball	Athletics	Athletics	Cricket	Roundes
7 B2			Basketball	Rugby	Badminton	Dance	Handball	Football	Netball	Gym	Athletics	Athletics	Cricket	Rouders
7M3			Rugby	Dance	Netball	Handball	Gym	Football	Badminton	Basketball	Athletics	Athletics	Rounders	Cricket
filling in the gaps			Major muscle groups*		Types of movement/ jonits*		Key components of a warm up*		Etiquette and sporting behaviour */**		Aerobic and anaerobic respiration *		Injury prevention/ risk assessment */**	
Year 8	Teacher		Term 1	Term 1	Term 2	Term 2	Term 3	Term 3	Term 4	Term 4	Term 5	Term 5	Term 6	Term 6
Class	A	B	7 Lessons	7 Lessons	7 Lessons	7 Lessons	6 Lessons	6 Lessons	6 Lessons	6 Lessons	5 lessons	5 lessons	7 lessons	7 lessons
8 G4			Netball	Gym	Volleyball	Football	Basketball	Tag Rugby	Dance	Badminton	Athletics	Athletics	Rounders	Cricket
8 G5			Gym	Netball	Football	Volleyball	Dance	Basketball	Badminton	Tag Rugby	Athletics	Athletics	Rounders	Cricket
8 B1			Rugby	basketball	Table Tennis	badminton	Football	Gym	Handball	Hockey	Athletics	Athletics	Cricket	Roundes
8 B2			basketball	Rugby	Badminton	Table Tennis	Gym	Football	Hockey	Handball	Athletics	Athletics	Cricket	Rouders
8M3			Dance	Football	Netball	Hockey	Tag Rugby	Table Tennis	Basketball	Volleyball	Athletics	Athletics	Rounders	Cricket
filling in the gaps			Components of fitness *		Benefits of a warm up *		Components of a cool down & benefits *		Emgerging sports**		Long & short term effects of exercise *		Inappropriate behaviour/ rejection sporting heros/ Scrutiny & Criticism**	
Year 9	Teacher		Term 1	Term 1	Term 2	Term 2	Term 3	Term 3	Term 4	Term 4	Term 5	Term 5	Term 6	Term 6
Class	A	B	7 Lessons	7 Lessons	7 Lessons	7 Lessons	6 Lessons	6 Lessons	6 Lessons	6 Lessons	5 lessons	5 lessons	7 lessons	7 lessons
9 G4			Netball	Fitness	Trampo	Football	Basketball	Handball	Badminton	Tag Rugby	Athletics	Athletics	Rounders	Cricket
9 G5			Fitness	Netball	Football	Trampo	Handball	Basketball	Tag Rugby	Badminton	Athletics	Athletics	Rounders	Cricket
9 B1			Rugby	Badminton	Fitness	Basketball	Football	Sports Leaders	Table Tennis	Handball	Athletics	Athletics	Cricket	Roundes
9 B2			basketball	Rugby	Badminton	Fitness	Sports Leaders	Football	Handball	Table Tennis	Athletics	Athletics	Cricket	Rouders
9 M3			Tag	Hockey	Handball	badminton	Tramp	Table Tennis	Fitness	Basketball	Athletics	Athletics	Cricket	Rounders
filling in the gaps			Principles of training/ optimising training *		Planes and Axes *		Leading a sports activity session**		Measuring improvement in performance **		Components of a joint/ roles of muscles *		Types of Feedback *	
Year 10	Teacher		Term 1	Term 1	Term 2	Term 2	Term 3	Term 3	Term 4	Term 4	Term 5	Term 5	Term 6	Term 6
Class	A	B	7 Lessons	7 Lessons	7 Lessons	7 Lessons	6 Lessons	6 Lessons	6 Lessons	6 Lessons	5 lessons	5 lessons	7 Lessons	7 Lessons
10 G4			Badminton	Netball	Basketball	Trampo	Dance/TT	Football	Handball	Dodgeball	Athletics	Rounders	Cricket	Pickel Ball
10 G5			Netball	Badminton	Trampo	Fitness	Basketball	Volleyball	Dodgeball	TAG	Athletics	Rounders	Pickle Ball	Cricket
10 B1			Rugby	Table Tennis	Football	Handball	Football	Dodgeball	Fitness	Basketball	Athletics	Cricket	Rounders	Badminton
10 B2			Dodgeball	Rugby	Handball	Football	Basketball	Table Tennis	Football	Badminton	Athletics	Cricket	Rounders	Dodgeball
10 M3			Tag Rugby	Volleyball	Table Tennis	Badminton	Tramp	Handball	Basketball	Football	Athletics	Pickel Ball	Rounders	Cricket
10B3	Rugby	Volleyball	Table Tennis	Badminton	Tramp	Handball	Basketball	Football	Athletics	Pickel Ball	Rounders	Cricket		
Year 11	Teacher		Term 1	Term 1	Term 2	Term 2	Term 3	Term 3	Term 4	Term 4	Term 5	Term 5		
Class	A	B	7 Lessons	7 Lessons	7 Lessons	7 Lessons	6 Lessons	6 Lessons	6 Lessons	6 Lessons	5 Lessons	5 Lessons		
11 G4			Netball	Badminton	Trampo	Football	Table Tennis	Basketball	Handball					
11 G5			Badminton	Netball	Fitness	Trampo	Volley Ball	TAG	Dodgeball					
11 B1			Rugby	Table Tennis	Badminton	Handball	Trampo	Football	Fitness					
11 B2			Rugby	Dodgeball	Football	Basketball	Handball	Table Tennis	Football					
11M3			Dodgeball	Football	Handball	Table Tennis	TAG/Rugby	Basketball	Badminton					