

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Rugby	Football	<u>Gymnastics</u>	<u>Handball</u>	<u>Athletics</u>	Softball
	Ball Handling	Short Passing	Identifying and performing	Chest Pass	Introduce running style	Ball Familiarisation
	'W's ready	Receiving with inside of	the 8 Basic Shapes (Static):	Bounce Pass	for sprinting – arm and	Basic Forehand Batting
	Basic Lateral Pass	foot	Tuck, Straddle, Pike, Star,	Overhead Pass	leg action	technique
	Receiving a Pass	Weight of Pass	Dish, Arch, Front Support,	Shoulder Pass	Introducing Pacing for	Batting Rules – 3 strike
	Running with ball	Communication and key	Back Support	Signalling	long distance running	rule/Foul Ball rule
	How to score a Try	terms – 'Man on, Time	Key Components of	Catching/Receiving	Long Jump	Approaching the
	Defensive Line	& Turn out'	Gymnastics: Strength,	Pivot	Standing Shot Put	Batting Plate and
	Touch Tackle	Moving with the ball	Balance, Co-Ordination and	Three Step Rule	Standing Javelin	Stance
	Grab Tackle	Building confidence	Flexibility	Basic Dribbling (Double	Standing Discus	What is an innings?
	Attacking Line	with the ball at the feet	Locomotion	Bounce and Travel Rule)	Rules & Regulations	Overarm throwing
	Passing Backwards	Basic shooting	Handstands	Basic Marking		Catching using a Mitt –
	Presenting the ball	Basic Heading	Forward Rolls	Basic Shooting	<u>Rounders</u>	Basic technique
	Rules & Regulations	Rules & Regulations	Individual Balance	Blocking	Ball Familiarisation	Long Barriers using a
			Paired Balance	Spatial Awareness	Basic Forehand Batting	Mitt
	Netball	<u>Basketball</u>	Unison & Cannon	Decision Making	technique	Basic Underarm
	Chest Pass	Chest Pass	Basic Floor Routines linking	Defensive stance	Batting Rules	Pitching Technique
	Bounce Pass	Bounce Pass	moves together	Rules & Regulations	Overarm throwing	(Slow Pitch)
	Overhead Pass	Overhead Pass	Changes in Level and pace		Catching into the body	Pitching Rules
	Signalling	Signalling	of movement	<u>Volleyball</u>	Long Barriers	Developing Hand-Eye
	Catching/Receiving	Catching/Receiving		The Dig – basic hand	Basic Underarm Bowling	Coordination
	Basic Footwork	Pivot	Dodgeball	positioning and stance,	Technique	Scoring Systems –
	Pivot	Basic Dribbling (Double	Rules and Regulations	not bending elbows,	Bowling Rules	knowing how to score
	Positions	Dribble and Travel Rule)	Scoring	understanding when and	Developing Hand-Eye	points
	Basic Marking	Basic Marking	Starting the game	how to use a Dig. Be able	Coordination	Rules & Regulations
	Introduction to	Set Shot (BEEF)	Throwing for accuracy	to keep the ball in the air	Scoring System –	
	shooting	Introduce Jump Shot	Basic Catching	alone and with the wall	knowing how to score	Lawn Green Bowls
	Rules & Regulations	Rules & Regulations	Dodging	confidently	points	Etiquette &
			Rules & Regulations	The Volley – contact with	Rules & Regulations	Terminology
	Badminton	<u>Fitness</u>		the ball using finger,		Grip
	Court Markings	Baseline Testing	Dance (Performance)	fingers apart, no slapping	<u>Cricket</u>	Forehand delivery
	Stroke Cycle – Ready,		Shapes	or punching, and getting	Ball Familiarisation	Backhand delivery
	Prepare, Hit, Recover		Movement	good height. Be able	Introduce Batting stance	Bias



Variation of Stroke	Identify and define	Posture	maintain a rally alone or	Basic batting technique –	Length and Line
Hitting the shuttle	health-related fitness	Alignment	against the wall.	Straight Drive	Singles
long	components	Focus	Introduce placement of	Batting Rules – the	Pairs
Hitting the shuttle	Identify and define skill-	Musicality	the Volley (passing to a	crease	Scoring Systems
short	related fitness	Co-Ordination	team mate to hit over the	Overarm throwing	Rules & Regulations
Basic Underhand		Extension	net)	Catching into the body	Rules & Regulations
Serve	components Define Health		Recap basic rules and	Long Barriers	Rounders 2
	Define Fitness	Timing	-	Basic Overarm Static	Forehand Batting
Half Court Singles		Accuracy	regulations. Some		0
Basic Umpiring	Define Exercise	Precision	students may still work	Bowling Technique – Line	technique Batting fan distance and
Rules & Regulations	Define Performance		with a bounce if needed	and Length	Batting for distance and
	Continuous training to		for differentiation	Bowling Rules	placement
	improve fitness		purposes	Developing Hand-Eye	Batting Stance
	Plyometric training to		Introduce scoring system	Coordination	Underarm Throwing for
	improve fitness		Introduce rotation	Scoring System –	short distance coverage
	Continuous training			knowing how to score	Overarm Throwing for
	SAQ Training to improve		Rugby 2	points/runs	long distance coverage
	fitness		Ball Handling	Rules & Regulations	Catching into body
			Lateral Line Passing whilst		Catching below the
			on the move		waist
			Receiving a Pass whilst on		Hand positioning to
			the move		catch the ball low
			Agility Work		Bowling Development –
			Tight Defensive Line and		Introduce Spin bowling
			discipline		Introduce Disguise in
			Recap Grab Tackle		bowling
			Basic Tackling and Full		Bowling Rules
			Contact		Explore Fielding
			Recap Presenting the ball		positions and roles e.g.
			backwards		Back Stop, 2 nd Post,
			Uncontested Ruck and		fielding for Left handed
			Ruck Formation		batters
			Rules & Regulations		Scoring Systems
					Rules & Regulations
			<u>Netball 2</u>		



	Descine and Desciving on	
	Passing and Receiving on	
	the move	
	Choosing the right pass at	
	the right time	
	Shoulder Pass	
	Finding space	
	Signalling	
	Evading a marker	
	Marking – the 3 stages of	
	defending	
	Footwork – knowing what	
	to look for	
	Pivot (and protecting the	
	ball)	
	Shooting within range	
	Advanced understanding	
	of positions	
	Rules & Regulations	



Year 8	Rugby	Football	<u>Gymnastics</u>	Handball	Athletics	Softball
	Ball Handling	Recap Short Passing and	Performing the 8 Basic	One handed Side Pass	Develop sprinting	Forehand Batting
	Lateral Line Passing	Receiving	Shapes with movement,	One handed Bounce Pass	technique – stride length	technique
	whilst on the move	Introduce Long Passing	Jumps and Travel (Dynamic)	One Handed Shoulder	Sprint starts	Batting for distance and
	Receiving a Pass whilst	Keeping possession – 3	Recap Forward Rolls and	Pass	Develop pacing for long	placement
	on the move	vs 1, 4 vs 2, 6 vs 6 etc	Handstands	Signalling	distance running	Batting Stance
	Agility Work	Finding space	Backwards Roll	Taking the ball on the	Long Jump with short run	3 Strike Rule/Foul Ball
	Tight Defensive Line	Evading a marker	Cartwheel	move	up	Recap what an Innings
	and discipline	Dribbling with purpose	Headstands	Pivoting/protecting the	Long Jump take off	is
	Recap Grab Tackle	 moving forward into 	Recap Paired Balance	ball	Shot Put with 3 side step	Underarm Throwing for
	Basic Tackling and Full	space	Counter Balance	Three Step	action	short distance coverage
	Contact	Cruyff Turn, Step Over,	Matching & Mirroring	Dribbling and associated	Javelin with 3 steps	Overarm Throwing for
	Recap Presenting the	Drag Back	Recap Unison & Cannon	rules/terminology	Discus	long distance coverage
	ball backwards	Decision making –	Changes in Level and pace	Defensive stance and	Introduce Triple Jump	Catching with the Mitt
	Uncontested Ruck and	timing of the pass	of movement	sideways movement	Introduce Relay	Catching below the
	Ruck Formation	Shooting	Basic Vaulting – Through	Introduction to Zonal	changeover and rules	waist
	Rules & Regulations	Introduce Throw-in	Vault	Defence	associated	Hand positioning to
		Introduce Ball Control –	Floor Routines with low	Shooting	Rules & Regulations	catch the ball low/high
	<u>Netball</u>	Chest and Thigh	apparatus	Introduce Jump Shot and		Pitching Development –
	Passing and Receiving	Rules & Regulations		rules associated	<u>Rounders</u>	Introduce speed to
	on the move			Spatial Awareness	Forehand Batting	pitching
	Choosing the right			Changing the direction of	technique	Introduce Disguise in
	pass at the right time	<u>Basketball</u>	<u>Dodgeball</u>	play	Batting for distance and	pitching
	Shoulder Pass	Passing and Receiving	Throwing with speed and	Possession play	placement	Pitching Rules
	Finding space	on the move	accuracy	Rules & Regulations	Batting Stance	Explore Fielding
	Signalling	Choosing the right pass	Overarm throwing		Underarm Throwing for	positions, roles and
	Evading a marker	at the right time	Aiming low	<u>Volleyball</u>	short distance coverage	terminology e.g.
	Marking – the 3 stages	Shoulder Pass	Catching	The Dig – recap hand	Overarm Throwing for	Catcher, Pitcher, Home
	of defending	Finding space	Blocking	positioning and stance,	long distance coverage	Plate, 1 st , 2 nd and 3 rd
	Footwork – knowing	Signalling	Wall Blocking	understanding when and	Catching into body	Plate and fielding for
	what to look for	Evading a marker	Dodging (Ducking)	how to use a Dig	Catching below the waist	Left handed batters
	Pivot (and protecting	Defensive Stance	Introduce Positions	The Volley – recap correct	Hand positioning to	Scoring Systems
	the ball)	Marking	Rules & Regulations	technique and height.	catch the ball low	Rules & Regulations
	Shooting within range			Introduce placement of		



Adv	vanced	Pivot (and protecting	Dance	the Volley (passing to a	Bowling Development –	Lawn Green Bowls
und	derstanding of	the ball)	(Performance/Choreography)	team mate to hit over the	Introduce Spin bowling	Etiquette &
posi	sitions	Introduce Triple Threat	Posture	net)	Introduce Disguise in	Terminology
Rule	es & Regulations	Position	Alignment	Recap basic rules and	bowling	Recap Grip
		Set Shooting and Jump	Timing	regulations. Some	Bowling Rules	Forehand delivery over
	dminton	Shooting within range	Musicality	students may still work	Explore Fielding positions	varying distance
	cap Stroke Cycle	(BEEF & ROBOT)	Creativity	with a bounce if needed	and roles e.g. Back Stop,	Backhand delivery over
Rec	covery after the	Lay-Up Shooting	Originality	for differentiation	2 nd Post, fielding for Left	varying distance
Sho	ot	Advantages of using a	Range of Movement	purposes	handed batters	Bias
Fore	ehand Over Head	Lay-Up	Use of Space	Introduce scoring system	Scoring Systems	Length and Line
Clea	ar	Back-Court Violation	Use of Level	Introduce rotation	Rules & Regulations	The Firing Shot
Fore	ehand Underhand	Rules & Regulations	Use of Direction	Recap which fitness		The Guard
Clea	-			components are needed	<u>Cricket</u>	Singles
	ehand Drop Shot	<u>Fitness</u>		in Volleyball	Batting technique –	Pairs
	riation of Stroke	Baseline Testing			Straight Drive	Introducing the Skip
	ehand High Serve	Define and Explain		Rugby 2	Batting for placement –	Scoring Systems
	ehand Low Serve	health related fitness		Advanced Ball Handling	On and Off Drive	Rules & Regulations
	riation of	components		Switch Pass	Batting Stance	
	ve/Predictability	Define and Explain skill		Pop Pass	Underarm Throwing for	Rounders 2
	f Court Singles	related fitness		Passing and Receiving on	short distance coverage	Advanced Forehand
	piring	components		the move	Overarm Throwing for	Batting
Rule	es & Regulations	Give sporting examples		Agility Work	long distance coverage	Batting for placement
		how each fitness		Defensive Line	Catching into body	and identifying
		component is used in		Positional Awareness and	Catching below the waist	weaknesses
		sport		Responsibilities of the	Hand positioning to	Batting Stance
		Define and Explain		Scrum Half and Fly Half	catch the ball low	Bowling – adding
		Health		Full Contact Tackling	Bowling with a run up –	disguise and power
		Define and Explain		Full Contested Ruck	Line and Length	Introduce Donkey Drop
		Fitness		Introduce the Maul	(Medium Pace)	Bowling
		Define and Explain		Introduce the Scrum	Bowling Rules	Introduce tactical
		Exercise		Rules & Regulations	Explore Fielding positions	bowling – identifying
		Define and Explain			and roles e.g. Wicket	strengths and
		Performance		<u>Netball 2</u>	Keeper, Cover, Mid-	weaknesses of the
						batter



		Continuous Training to		Advanced Passing and	Wicket, Mid-Off and	Recap basic catching
		improve fitness and		Receiving	Square Leg	and catching below the
		performance		Taking the ball on the	Scoring Systems	waist
		Plyometric Training to		move	Rules & Regulations	Catching above the
		improve fitness and		Counter Attacking		head and hand
		performance		Advanced Footwork		positioning
		Continuous Training to		Signalling – verbal and		Fielding positions –
		improve fitness and		none verbal		roles and
		performance		Marking and Evading		responsibilities
		Link each fitness		Defensive Qualities –		Fielding positions based
		component with		what makes a good		on strengths and
		relevant Fitness Tests		defender?		weaknesses
				Principles of Attack – How		Stumping the Post
				to exploit weaknesses		Running around the
				Tactics at the Centre Pass		Posts
				Shooting from varying		Tactical Fielding
				distances and angles		Backwards Hit – Tactical
				Experimenting positions		development
				Rules & Regulations		Scoring Systems
						Rules & Regulations
Year 9	<u>Rugby</u>	<u>Football</u>	Volleyball	<u>Handball</u>	<u>Athletics</u>	<u>Softball</u>
	Advanced Ball	Purposeful Passing – to	The Volley – basic	One handed Passing	Sprinting technique	Advanced Forehand
	Handling	keep possession, to	technique, volleying for	Advanced Passing and	Sprint starts	Batting
	Switch Pass	move the ball up the	height, keeping a rally,	Receiving	Pacing for long distance	Batting for placement
	Pop Pass	pitch quicker, to find a	accuracy of Volley Pass	Taking the ball on the	running	and identifying
	Passing and Receiving	player in a good	The Dig – Basic technique,	move	Long jump with extended	weaknesses
	on the move	position	Digging for height, keeping	Attacking Patience to	run up	Batting Stance
	Agility Work	Purposeful Dribbling –	the ball alive, accuracy of	open up gaps in defence	Marking out a run up for	Pitching – adding
	Defensive Line	to beat a man, being	Dig Pass	Fast Break	Long Jump	disguise and
	Positional Awareness	out wide	Underarm Serve	Advanced Footwork &	Measuring Long Jump	power/speed (Fast
	and Responsibilities of	Cruyff Turn, Double	Rules in Serving	Pivoting	Shot Put with shuffle	Pitch
	the Scrum Half and Fly	Step Over, Drag Back,	Volley & Dig combinations	Triple Threat and Decision	Measuring Shot Put	Introduce tactical
	Half	Dropping the Shoulder	Formations	Making	Javelin with a run up	Pitching (Spin)
	Full Contact Tackling	(Fake)	Covering the space		Measuring Javelin	



Full Contested Ruck	Defending, Tackling and	Reaction time	Signalling – verbal and	Triple Jump with	Recap basic catching
Introduce the Maul	Marking – What makes	Decision Making – choosing	none verbal	extended run up	with the Mitt and
Introduce the Scrum	a good defender?	the right type of shot	Marking and Evading	Marking out a Triple	catching below the
Rules & Regulations	Ball control – first touch	Rules & Regulations	Defensive Qualities –	Jump run up	waist
	Wall Pass		what makes a good	Measuring Triple Jump	Catching above the
<u>Netball</u>	Making Angles	Indoor Athletics	defender?	Discus	head and hand
Advanced Passing and	Finding Space	Develop sprinting technique	Zonal Marking	Measuring discus	positioning using the
Receiving	Two or Three – Touch	 stride length 	Principles of Attack – How	Relay changeover	Mitt
Taking the ball on the	Keeping Possession – 3	Sprint starts	to exploit weaknesses	Rules & Regulations	Develop Ground
move	vs 1, 4 vs 2, 6 vs 6 etc	Develop pacing for long	Shooting from varying		Fielding
Counter Attacking	Forming Triangles	distance running	distances and angles	<u>Rounders</u>	Fielding positions –
Advanced Footwork	Rules & Regulations	Standing Long Jump	Jump Shot	Advanced Forehand	roles and
Signalling – verbal and		Standing Long Jump take off	Shooting for accuracy	Batting	responsibilities of deep
none verbal	Basketball	Indoor Shot Put (static	Rules & Regulations	Batting for placement	fielding, fielding at the
Marking and Evading	Advanced Passing and	action)		and identifying	base of the Diamond,
Defensive Qualities –	Receiving	Indoor Javelin technique	Dodgeball	weaknesses	Base Fielding and the
what makes a good	Taking the ball on the	Introduce standing Triple	Throwing with power and	Batting Stance	Catcher
defender?	move	Jump	accuracy	Bowling – adding	Fielding positions based
Principles of Attack –	Role of the Point Guard	Introduce Relay changeover	Overarm throwing	disguise and power	on strengths and
How to exploit	Fast Break	and rules associated	Aiming low and avoiding	Introduce Donkey Drop	weaknesses
weaknesses	Advanced Footwork &	Rules & Regulations	the catch	Bowling	Running around the
Tactics at the Centre	Pivoting		Catching	Introduce tactical	Bases – introduce
Pass	Triple Threat and	Dance	Rebound & Dive Catching	bowling – identifying	Creeping and stealing
Shooting from varying	Decision Making	(Choreography/Appreciation)	Blocking	strengths and	bases
distances and angles	Signalling – verbal and	Creativity	Wall Blocking	weaknesses of the batter	Backwards Hit – Foul
Experimenting	none verbal	Range of movement	Dodging (Ducking)	Recap basic catching and	Ball rules
positions	Marking and Evading	Use of space	Dodging (Diving & Rolling)	catching below the waist	Scoring Systems
Rules & Regulations	Defensive Qualities –	Use of direction	Principles of Attack	Catching above the head	Rules & Regulations
	what makes a good	Use of level	Principles of Defence	and hand positioning	
Badminton	defender?	Understanding	Positions	Fielding positions – roles	<u>Tennis</u>
Recovery to centre of	Introduce Zonal and	Observation	Officiating	and responsibilities	Scoring systems
court	Man to Man Marking	Performance	Rules & Regulations	Fielding positions based	Forehand groundstroke
		Evaluation		on strengths and	Racket Grip
			Rugby 2	weaknesses	



Forehand Clear –	Principles of Attack –	Advanced Ball Handling	Stumping the Post	Maintaining a forehand
Overhead and	How to exploit	Recap passing and	Running around the	rally
underarm	weaknesses	receiving on the move	Posts	Ball control
Forehand Drop Shot	Shooting from varying	Defensive Responsibilities	Tactical Fielding	Hand-eye co-ordination
Variation of Stroke	distances and angles	and positions	Backwards Hit – Tactical	Volley
Variation of Serve	Lay-Up	Full Contact Tackling	development	How to serve from the
Flick Serve	Introduce Reverse Lay-	Dummy Pass and Fake	Scoring Systems	service box
Net Shot	Up	Recap positions and role	Rules & Regulations	Court markings
Introduce Backhand	Rules & Regulations	of Scrum Half and Fly Half		Basic movement around
Clear		Ruck	<u>Cricket</u>	the court and recovery
Introduce Smash Shot	<u>Fitness</u>	Maul	Advanced Batting – for	Half Court Singles
Introduction to Full	Baseline Testing	Conditioned Scrum	distance	Scoring System
Court Singles	Explain health related	Introduce Kicking	Batting for placement	Rules & Regulations
Advanced Umpiring	fitness components	Introduce Line Out	and identifying	
Rules & Regulations	Compare skill related	Rules & Regulations	weaknesses	Lawn Green Bowls
	fitness components		Recap Straight Drive, On	Etiquette &
	Describe how a variety	Netball 2	Drive and Off-Drive	Terminology
	of sports people rely	Advanced Passing and	Introduce the Pull Shot	Recap Grip
	upon health related	Receiving – Moving up	Bowling development –	Forehand delivery over
	fitness	the court with pace.	Line and Length (Fast	varying distance
	Describe how a variety	Counter Attack	Bowling)	Backhand delivery over
	of sports people rely	Finding space	Introduce Spin Bowling	varying distance
	upon skill related fitness	Defensive Strategy	Recap basic catching and	Bias
	Explain different types	Attacking Strategy	catching below the waist	Length and Line
	of Health (physical,	Advanced tactics at a	Catching above the head	The Firing Shot
	social and mental)	centre pass	and hand positioning	The Guard
	Explain how a person	Umpiring/Officiating	Fielding positions – roles	The Trail Shot
	can be fit for one thing	Umpires signals	and responsibilities of	Singles
	and not another	Rules & Regulations	the Wicket Keeper,	Pairs
	Recommend ways to		Cover, Mid-Off, Mid-	Triples
	improve fitness		Wicket and Square Leg	Fours
	(methods of training)		Fielding positions based	The role of the Skip
			on strengths and	
			weaknesses	



	Suggest appropriate		Stumping the wicket –	Signalling and
	fitness tests for each		Getting the batsman out	communicating as the
	fitness component		Running between the	Skip
	Describe fitness testing		wickets - Communication	Umpiring
	protocol		Scoring Systems	Scoring Systems
	protocor		Rules & Regulations	Rules & Regulations
			Nules & Regulations	Rules & Regulations
				Rounders 2
				Advanced Forehand
				Batting for placement
				Exploiting the fielding
				positions when batting
				Introduce the Backhand
				hit
				Tactical running around
				the posts
				Recap basic catching
				Recap long Barrier
				Introduce Short Barrier
				Improving ball retrieval
				– crouch, collect and
				throw in one smooth
				action
				Throwing accuracy
				Catching – below the
				waist and above the
				head
				One-handed catching
				Fielding positions
				Tactical Fielding –
				developing ideas and
				concepts
				Backstopping
				Deep Fielding positions



						Decision making
						Bowling – speed,
						donkey drop and spin
						Scoring Systems
						Umpiring
						Rules & Regulations
Year 10	Rugby	Football	Fitness	Handball	Athletics	Softball
	Advanced Ball	Possession Play –	Compare health related	Advanced Passing and	Sprinting technique	Advanced Forehand
Students in	Handling	benefits of keeping the	fitness components	Receiving – Moving up	Sprint starts	Batting for placement
Year 10 are	Recap passing and	ball, importance of	Compare skill related fitness	the court with pace.	Pacing for long distance	Exploiting the fielding
given the	receiving on the move	moving into space,	components	Fast Break	running	positions when batting
option to gain a	Defensive	decision making	Explain how a variety of	Attacking Strategy: Three-	Long jump with extended	Tactical running around
nationally	Responsibilities and	Opening up the Body	sports people rely upon	Man Weave, Frustration	run up	the bases
recognised	positions	when receiving a pass	health related fitness	tactics	Marking out a run up for	Recap basic catching
qualification in	Full Contact Tackling	Dribbling to beat a man	Explain how a variety of	Zonal Marking Strategies	Long Jump	with the Mitt
Sports	Dummy Pass and Fake	Defending – Jockeying	sports people rely upon skill	Man to Man Marking	Measuring Long Jump	Recap long Barrier
Leadership.	Recap positions and	Recap Wall Pass	related fitness	Strategies	Shot Put with shuffle	Introduce Short Barrier
Those who	role of Scrum Half and	Making Angles	Compare and contrast	Finding space	Measuring Shot Put	Improving ball retrieval
choose to	Fly Half	Forward thinking – what	different types of Health	Advanced tactics at a	Javelin with a run up	 – crouch, collect and
continue in	Ruck	are the options when	(physical, social and mental)	centre pass	Measuring Javelin	throw in one smooth
Core PE carry	Maul	receiving the ball?	Explain how a person can be	Umpiring/Officiating	Triple Jump with	action
out the	Conditioned Scrum	Formations, Tactical	fit for one thing and not	Umpires signals	extended run up	Introduce the Ball Tag
following	Introduce Kicking	Thinking	another and link with fitness	Rules & Regulations	Marking out a Triple	rule to get a runner out
activities	Introduce Line Out	Basic Refereeing	components		Jump run up	Throwing accuracy
	Rules & Regulations	Rules & Regulations	Recommend and justify	Rugby 2	Measuring Triple Jump	Catching – below the
			ways to improve fitness	Developing Tactical	Discus	waist and above the
	<u>Netball</u>	<u>Basketball</u>	(which methods of training	Awareness	Measuring discus	head
	Advanced Passing and	Advanced Passing and	best suit each fitness	Roles and Responsibilities	Relay changeover	Fielding positions
	Receiving – Moving up	Receiving – Moving up	component)	within a team	Rules & Regulations	Tactical Fielding –
	the court with pace.	the court with pace.	Explain appropriate fitness	Officiating		developing ideas and
	Counter Attack	Fast Break	tests for each fitness	Rules & Regulations	<u>Rounders</u>	concepts
	Finding space	Attacking Strategy:	component		Advanced Forehand	Deep Fielding positions
	Defensive Strategy	Three-Man Weave	Explain fitness testing	<u>Netball 2</u>	Batting for placement	Improving Ground
	Attacking Strategy		protocol			Fielding



Advanced tactics at a	Zonal Marking	Give advantages and	Developing Tactical	Exploiting the fielding	Decision making
centre pass	Strategies	disadvantages for fitness	Awareness	positions when batting	Pitching – slow, fast and
Umpiring/Officiating	Man to Man Marking	tests	Roles and Responsibilities	Introduce the Backhand	spin
Umpires signals	Strategies		within a team	hit	Scoring Systems
Rules & Regulations	Finding space	Volleyball	Officiating	Tactical running around	Umpiring
	Advanced tactics at a	The Volley – refining	Rules & Regulations	the posts	Rules & Regulations
Badminton	centre pass	technique, volleying for		Recap basic catching	
Recap Forehand	Umpiring/Officiating	height, keeping a rally,		Recap long Barrier	<u>Tennis</u>
Strokes	Umpires signals	accuracy of Volley Pass		Introduce Short Barrier	Scoring systems
Recap Stroke Variation	Rules & Regulations	The Dig – refining		Improving ball retrieval –	Forehand groundstroke
Recap Variation of		technique, Digging for		crouch, collect and throw	Racket Grip
Serve	Badminton	height, keeping the ball		in one smooth action	Maintaining a forehand
Net Shot	Recap Forehand Strokes	alive, accuracy of Dig Pass		Throwing accuracy	rally
Smash	Recap Stroke Variation	Recap Underarm Serve		Catching – below the	Ball control on forehand
Backhand Strokes	Recap Variation of Serve	Introduce Overarm Serve		waist and above the	and backhand
Introduction to	Net Shot	Recap Rules in Serving		head	Reasons to play a
Doubles and scoring	Smash	Tactical Serving		One-handed catching	backhand shot
Tactics and Game	Backhand Strokes	Volley & Dig combinations		Fielding positions	Net shot
Strategy	Introduction to Doubles	Winning a point - the Spike		Tactical Fielding –	Lob
Umpiring Doubles	and scoring	Formations in a game		developing ideas and	Introduce the Smash
Rules & Regulations	Tactics and Game	Good communication		concepts	Volley
	Strategy	Rules & Regulations		Backstopping	How to serve overhead
	Umpiring Doubles			Deep Fielding positions	from the baseline
	Rules & Regulations			Decision making	Court markings
				Bowling – speed, donkey	Basic movement around
				drop and spin	the court and recovery
				Scoring Systems	Half Court Singles
				Umpiring	Introduce Doubles
				Rules & Regulations	Scoring System
					Rules & Regulations
				<u>Cricket</u>	
				Advanced Batting for	Rounders 2
				placement	Developing Tactical
					Awareness



					Exploiting the fielding	Roles and
					positions when batting	Responsibilities within a
					using the Drive Shots and	team
					the Pull Shot	Officiating
					Tactical running between	Rules & Regulations
					the wickets	
					Recap basic catching	
					Recap long Barrier	
					Introduce Short Barrier	
					Improving ball retrieval –	
					crouch, collect and throw	
					in one smooth action	
					Throwing accuracy	
					Catching – below the	
					waist and above the	
					head	
					One-handed catching	
					Fielding positions	
					Tactical Fielding –	
					developing ideas and	
					concepts	
					Wicket keeping	
					Decision making	
					Bowling – Line and	
					Length, Medium/Fast	
					pace and Spin	
					Scoring Systems	
					Umpiring	
					Rules & Regulations	
Year 11	<u>Football</u>	<u>Basketball</u>	<u>Handball</u>	<u>Volleyball</u>	<u>Rounders</u>	Year 11 left by this time
	Developing Tactical	Developing Tactical	Developing Tactical	Developing Tactical	Developing Tactical	
	Awareness	Awareness	Awareness	Awareness	Awareness	
			Roles and Responsibilities	Roles and Responsibilities		
			within a team	within a team		



Roles and Responsibilities within a team Officiating Rules & Regulations	Roles and Responsibilities within a team Officiating Rules & Regulations	Officiating Rules & Regulations	Officiating Rules & Regulations	Roles and Responsibilities within a team Officiating Rules & Regulations
Netball Developing Tactical Awareness Roles and Responsibilities within a team Officiating Rules & Regulations	Dodgeball Developing Tactical Awareness Roles and Responsibilities within a team Officiating Rules & Regulations	Badminton Developing Tactical Awareness Roles and Responsibilities within a team Officiating Rules & Regulations	Fitness Understand the benefits of a healthy, active lifestyle Know how to maintain a healthy lifestyle Identify components of a healthy/unhealthy diet Know the short and long term effects of exercise on the body.	SoftballDeveloping TacticalAwarenessRoles andResponsibilities within ateamOfficiatingRules & RegulationsTennisDeveloping TacticalAwarenessRoles andResponsibilities within ateamOfficiatingRules & Regulations