

# Implementation

		<u>Year 7</u>	<u>Year 8</u>	<u>Year 9</u>	<u>Year 10</u>	<u>Year 11</u>
Half term 1	<b>Competitive</b>	Basketball	Basketball	Basketball	Basketball	Fitness
	What makes a successful sports performer?	<ul style="list-style-type: none"> <li>The triple threat</li> <li>Types of pass</li> <li>Shooting techniques</li> </ul>	<ul style="list-style-type: none"> <li>Knowledge of the rules</li> <li>Decision making (pass, dribble or shoot)</li> <li>Playing a range of positions</li> </ul>	<ul style="list-style-type: none"> <li>Defensive strategies</li> <li>Selecting suitable court positions</li> <li>Applying the rules through officiating roles</li> </ul>	<ul style="list-style-type: none"> <li>Forming tactics and strategies (attack and defence)</li> <li>Application of all key skills</li> <li>Coaching of others</li> </ul>	
	<b>Traditional</b>	Flag football/tag rugby	Flag football/tag rugby	Flag football/tag rugby	Flag football/tag rugby	
	What makes a successful sports performer?	<ul style="list-style-type: none"> <li>Good passing technique</li> <li>Using space</li> <li>Marking opponents</li> </ul>	<ul style="list-style-type: none"> <li>Decision making – when to pass v run</li> <li>Creating space</li> <li>Closing down play</li> </ul>	<ul style="list-style-type: none"> <li>Defensive formations</li> <li>Planning forms of attack</li> <li>Applying rules through competent officiating</li> </ul>	<ul style="list-style-type: none"> <li>Leading others – forming tactics</li> <li>Coaching others to improve</li> <li>Application of key skills</li> </ul>	
	<b>Health Related</b>	Netball	Netball	Netball	Netball	
	What makes a successful sports performer?	<ul style="list-style-type: none"> <li>Know the positions on court</li> <li>Types of passes</li> <li>Basic knowledge of rule (footwork, obstructions, contact)</li> </ul>	<ul style="list-style-type: none"> <li>Knowledge of a specific role on court</li> <li>Shooting technique</li> <li>Applying rules to performance (footwork, obstruction, contact, held ball, over a third)</li> </ul>	<ul style="list-style-type: none"> <li>Defensive positioning</li> <li>Attacking tactics (creating space, selection of pass)</li> <li>Applying rules through competent officiating</li> </ul>	<ul style="list-style-type: none"> <li>Coaching others</li> <li>Highly competent in 1 position</li> <li>Independently lead/officiate a game</li> </ul>	
<b>Theory focus</b>		<i>Warming up and cooling down (components of and justifications for)</i>	<i>Warming up and cooling down (components of and justifications for)</i>	<i>Unit 2 – Rules, Regulations and analysis of performance</i>	<i>Unit 2 – Rules, Regulations and analysis of performance</i>	<i>Unit 2 – Rules, Regulations and analysis of performance</i>

Half term 2	Competitive	Netball	Netball	Fitness	Netball	Individual needs from Football, Netball or Rounders
	What makes a successful sports performer?	<ul style="list-style-type: none"> <li>Know the positions on court</li> <li>Types of passes</li> <li>Basic knowledge of rule (footwork, obstructions, contact)</li> </ul>	<ul style="list-style-type: none"> <li>Knowledge of a specific role on court</li> <li>Shooting technique</li> <li>Applying rules to performance (footwork, obstruction, contact, held ball, over a third)</li> </ul>	<ul style="list-style-type: none"> <li>Ability to explain LTE of exercise</li> <li>Understanding of training thresholds</li> <li>Independently plan a training programme</li> </ul>	<ul style="list-style-type: none"> <li>Coaching others</li> <li>Highly competent in 1 position</li> <li>Independently lead/officiate a game</li> </ul>	
	Traditional	Fitness	Fitness	Lacrosse	Fitness	
	What makes a successful sports performer?	<ul style="list-style-type: none"> <li>Knowledge of STE of exercise</li> <li>Work in target heart rate zone</li> <li>Understanding of methods of training</li> </ul>	<ul style="list-style-type: none"> <li>Ability to explain STE of exercise</li> <li>Understanding of training zones</li> <li>Knowledge of LTE of exercise</li> </ul>	<ul style="list-style-type: none"> <li>Defensive positioning</li> <li>Attacking tactics (creating space, selection of pass)</li> <li>Applying rules through competent officiating</li> </ul>	<ul style="list-style-type: none"> <li>Plan, monitor and review a training programme</li> <li>Review improvements and the effect on performance</li> <li>Effectively apply principles of training</li> </ul>	
	Health Related	Aerobics	Aerobics	Aerobics	Aerobics	
	What makes a successful sports performer?	<ul style="list-style-type: none"> <li>Knowledge of STE of exercise</li> <li>Work in target heart rate zone</li> <li>Understanding of methods of training</li> </ul>	<ul style="list-style-type: none"> <li>Ability to explain STE of exercise</li> <li>Understanding of training zones</li> <li>Knowledge of LTE of exercise</li> </ul>	<ul style="list-style-type: none"> <li>Ability to explain LTE of exercise</li> <li>Understanding of training thresholds</li> <li>Independently plan a aerobic routine</li> </ul>	<ul style="list-style-type: none"> <li>Plan, monitor and review a aerobic routine</li> <li>Review improvements and the effect on performance</li> <li>Effectively apply principles of training</li> </ul>	
Theory focus		Muscles (locations and sporting application)	Muscles (locations and sporting application)	Unit 2 – Rules, Regulations and analysis of performance	Unit 4 – Energy systems and effects of exercise	Unit 5 – Training for personal fitness

Half term 3	Competitive	Flag football/tag rugby	Flag Football/tag rugby	Flag football/tag rugby	Flag football/tag rugby	Individual needs from Football, Netball or Rounders
	What makes a successful sports performer?	<ul style="list-style-type: none"> <li>• Good passing technique</li> <li>• Using space</li> <li>• Marking opponents</li> </ul>	<ul style="list-style-type: none"> <li>• Decision making – when to pass v run</li> <li>• Creating space</li> <li>• Closing down play</li> </ul>	<ul style="list-style-type: none"> <li>• Defensive formations</li> <li>• Planning forms of attack</li> <li>• Applying rules through competent officiating</li> </ul>	<ul style="list-style-type: none"> <li>• Leading others – forming tactics</li> <li>• Coaching others to improve</li> <li>• Application of key skills</li> </ul>	
	Traditional	Badminton	Badminton	Badminton	Badminton	
	What makes a successful sports performer?	<ul style="list-style-type: none"> <li>• Serve (flick/underarm)</li> <li>• Range of basic shots</li> <li>• Scoring</li> </ul>	<ul style="list-style-type: none"> <li>• Serving (disguised)</li> <li>• Position on court</li> <li>• Range of extended shots</li> </ul>	<ul style="list-style-type: none"> <li>• Tactical play</li> <li>• Doubles positioning</li> <li>• Doubles scoring</li> </ul>	<ul style="list-style-type: none"> <li>• Leading others – forming tactics</li> <li>• Coaching others to improve</li> <li>• Application of key skills</li> </ul>	
	Health Related	Yoga	Yoga	Yoga	Yoga	
	What makes a successful sports performer?	<ul style="list-style-type: none"> <li>• Knowledge of STE of exercise</li> <li>• Work in target heart rate zone</li> <li>• Understanding of flexibility training</li> </ul>	<ul style="list-style-type: none"> <li>• Ability to explain STE of exercise</li> <li>• Understanding of training zones</li> <li>• Knowledge of LTE of exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Ability to explain LTE of exercise</li> <li>• Understanding of training thresholds</li> <li>• Independently plan a yoga routine</li> </ul>	<ul style="list-style-type: none"> <li>• Plan, monitor and review a yoga routine</li> <li>• Review improvements and the effect on performance</li> <li>• Effectively apply principles of training</li> </ul>	
Theory focus		<i>Systems of the body (Cardiovascular, Respiratory, Muscular and Skeletal)</i>	<i>Systems of the body (Cardiovascular, Respiratory, Muscular and Skeletal)</i>	<i>Unit 4 – Energy systems and effects of exercise</i>	<i>Unit 4 – Energy systems and effects of exercise</i>	<i>Unit 1 – Fitness for Sport Unit 4 – Energy systems and effects of exercise</i>

<b>Half term 4</b>	<b>Competitive</b>	Fitness	Fitness	Lacrosse	Fitness	Fitness
	What makes a successful sports performer?	<ul style="list-style-type: none"> <li>Knowledge of STE of exercise</li> <li>Work in target heart rate zone</li> <li>Understanding of methods of training</li> </ul>	<ul style="list-style-type: none"> <li>Ability to explain STE of exercise</li> <li>Understanding of training zones</li> <li>Knowledge of LTE of exercise</li> </ul>	<ul style="list-style-type: none"> <li>Defensive positioning</li> <li>Attacking tactics (creating space, selection of pass)</li> <li>Applying rules through competent officiating</li> </ul>	<ul style="list-style-type: none"> <li>Plan, monitor and review a training programme</li> <li>Review improvements and the effect on performance</li> <li>Effectively apply principles of training</li> </ul>	
	<b>Traditional</b>	Lacrosse	Lacrosse	Fitness	Lacrosse	
	What makes a successful sports performer?	<ul style="list-style-type: none"> <li>Know the positions</li> <li>Types of passes</li> <li>Basic knowledge of rules</li> </ul>	<ul style="list-style-type: none"> <li>Knowledge of a specific role on pitch</li> <li>Shooting technique</li> <li>Applying rules to performance</li> </ul>	<ul style="list-style-type: none"> <li>Ability to explain LTE of exercise</li> <li>Understanding of training thresholds</li> <li>Independently plan a training programme</li> </ul>	<ul style="list-style-type: none"> <li>Coaching others</li> <li>Highly competent in 1 position</li> <li>Independently lead/officiate a game</li> </ul>	
	<b>Health Related</b>	Badminton	Badminton	Badminton	Badminton	
	What makes a successful sports performer?	<ul style="list-style-type: none"> <li>Serve (flick/underarm)</li> <li>Range of basic shots</li> <li>Scoring</li> </ul>	<ul style="list-style-type: none"> <li>Serving (disguised)</li> <li>Position on court</li> <li>Range of extended shots</li> </ul>	<ul style="list-style-type: none"> <li>Tactical play</li> <li>Doubles positioning</li> <li>Doubles scoring</li> </ul>	<ul style="list-style-type: none"> <li>Leading others – forming tactics</li> <li>Coaching others to improve</li> <li>Application of key skills</li> </ul>	
<b>Theory focus</b>		<i>Components of fitness (Identification and sporting application)</i>	<i>Components of fitness (identification and sporting application)</i>	<i>Unit 4 – Energy systems and effects of exercise</i>	<i>Unit 5 – Training for Sports Performance</i>	<i>Unit 1 - Fitness for Sport</i>

<b>Half term 5</b>	<b>Competitive</b>	Athletics	Athletics	Athletics	Athletics	<b>Options</b>
	<b>Traditional</b>	Athletics	Athletics	Athletics	Athletics	
	<b>Health Related</b>	Athletics	Athletics	Athletics	Athletics	
	What makes a successful sports performer?	<ul style="list-style-type: none"> <li>Performance of each event with good technique</li> <li>Giving feedback on performance</li> <li>Following BAA rules</li> </ul>	<ul style="list-style-type: none"> <li>Performance of each event with accurate execution</li> <li>Reviewing performance strengths and key areas to improve</li> </ul>	<ul style="list-style-type: none"> <li>Performance of each event with full preparation phases.</li> <li>Reviewing performances identifying strengths and ways to improve</li> </ul>	<ul style="list-style-type: none"> <li>Coaching others to improve</li> <li>Officiating events</li> <li>Self-analyse with ipads</li> </ul>	
<b>Theory focus</b>		<i>Methods of training (Identification and sporting application)</i>	<i>Methods of training (Identification and sporting application)</i>	<i>Unit 5 – Training for Sports Performance</i>	<i>Unit 5 – Training for Sports Performance</i>	<i>Independent study</i>

<b>Half term 6</b>	<b>Competitive</b>	Rounders	Rounders	Rounders	Rounders	<b>Study Leave</b>
	<b>Traditional</b>	Rounders	Rounders	Rounders	Rounders	
	<b>Health Related</b>	Rounders	Rounders	Rounders	Rounders	
	What makes a successful sports performer?	<ul style="list-style-type: none"> <li>Throwing</li> <li>Catching</li> <li>Basic rules</li> </ul>	<ul style="list-style-type: none"> <li>Positions when fielding</li> <li>Rules for fielding and batting</li> <li>Scoring</li> </ul>	<ul style="list-style-type: none"> <li>Tactics of batting order</li> <li>Defensive fielding</li> <li>Backing up</li> </ul>	<ul style="list-style-type: none"> <li>Leading others – forming tactics</li> <li>Coaching others to improve</li> <li>Application of key skills</li> </ul>	
<b>Theory focus</b>		<i>All previous topics</i>	<i>All previous topics</i>	<i>Unit 5- Training for Sports Performance</i>	<i>Unit 1 – Fitness for Sport</i>	<i>Study Leave</i>