

		<u>Year 7</u>	<u>Year 8</u>	<u>Year 9</u>	<u>Year 10</u>	<u>Year 11</u>
Half term 1	Competitive	Endball	Basketball	Rounders	Rounders	Fitness
	What makes a successful sports performer?	<ul style="list-style-type: none"> Types of passes Basic knowledge of rules (footwork, obstructions, contact) Using space Marking opponents 	<ul style="list-style-type: none"> The triple threat Types of pass Shooting techniques Knowledge of the rules Decision making (pass, dribble or shoot) Playing a range of positions 	<ul style="list-style-type: none"> Positions when fielding Rules for fielding and batting Scoring Tactics of batting order Defensive fielding Backing up Leading others – forming tactics Coaching others to improve Application of key skills 	<ul style="list-style-type: none"> Positions when fielding Rules for fielding and batting Scoring Tactics of batting order Defensive fielding Backing up Leading others – forming tactics Coaching others to improve Application of key skills 	
	Traditional 1	Endball	Flag football/tag rugby	Netball	Rounders	
	What makes a successful sports performer?	<ul style="list-style-type: none"> Types of passes Basic knowledge of rules (footwork, obstructions, contact) Using space Marking opponents 	<ul style="list-style-type: none"> Types of pass – disguising Decision making – when to pass v run Creating space Closing down play 	<ul style="list-style-type: none"> Defensive positioning Attacking tactics (creating space, selection of pass) Applying rules through competent officiating 	<ul style="list-style-type: none"> Positions when fielding Rules for fielding and batting Scoring Tactics of batting order Defensive fielding Backing up Leading others – forming tactics Coaching others to improve Application of key skills 	
	Traditional 2	Endball	Gymnastics	Rounders		
	What makes a successful sports performer?	<ul style="list-style-type: none"> Types of passes Basic knowledge of rules (footwork, obstructions, contact) Using space Marking opponents 	<ul style="list-style-type: none"> Linking movements Balance (individual and pairs) Sequences with fluency Cannon and unison 	<ul style="list-style-type: none"> Positions when fielding Rules for fielding and batting Scoring Tactics of batting order Defensive fielding Backing up Leading others – forming tactics Coaching others to improve Application of key skills 		
	Health Related	Endball	Netball	Rounders	Netball	
	What makes a successful sports performer?	<ul style="list-style-type: none"> Types of passes Basic knowledge of rules (footwork, obstructions, contact) Using space Marking opponents 	<ul style="list-style-type: none"> Knowledge of a specific role on court Shooting technique Applying rules to performance (footwork, obstruction, contact, held ball, over a third) 	<ul style="list-style-type: none"> Positions when fielding Rules for fielding and batting Scoring Tactics of batting order Defensive fielding Backing up Leading others – forming tactics Coaching others to improve Application of key skills 	<ul style="list-style-type: none"> Coaching others Highly competent in 1 position Independently lead/officiate a game 	
Theory focus		<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 3 – Training for personal fitness</i>

Half term 2	Competitive	Handball	Badminton	Football	Football	Individual needs from Football, Netball or Rounders
	What makes a successful sports performer?	<ul style="list-style-type: none"> Know the positions Types of passes Basic knowledge of rules 	<ul style="list-style-type: none"> Serve (flick/underarm) Position on court Range of basic shots Scoring singles 	<ul style="list-style-type: none"> Coaching others Highly competent in 1 position Independently lead/officiate a game 	<ul style="list-style-type: none"> Coaching others Highly competent in 1 position Independently lead/officiate a game 	
	Traditional 1	Fitness	Fitness	Rounders	Netball	
	What makes a successful sports performer?	<ul style="list-style-type: none"> Knowledge of STE of exercise Work in target heart rate zone Understanding of methods of training 	<ul style="list-style-type: none"> Ability to identify STE and LTE of exercise Understanding of heart rates Independently plan 	<ul style="list-style-type: none"> Positions when fielding Rules for fielding and batting Scoring Tactics of batting order Defensive fielding Backing up Leading others – forming tactics Coaching others to improve Application of key skills 	<ul style="list-style-type: none"> Coaching others Highly competent in 1 position Independently lead/officiate a game 	
	Traditional 2	Basketball	Netball	Football		
	What makes a successful sports performer?	<ul style="list-style-type: none"> The triple threat Types of pass Shooting techniques 	<ul style="list-style-type: none"> Knowledge of a specific roles and positions on court Types of passes Shooting technique Applying rules to performance (footwork, obstruction, contact, held ball, over a third) 	<ul style="list-style-type: none"> Coaching others Highly competent in 1 position Independently lead/officiate a game 		
	Health Related	Flag Football/Tag Rugby	Zumba	Netball	Rounders	
	What makes a successful sports performer?	<ul style="list-style-type: none"> Good passing technique Using space Marking opponents 	<ul style="list-style-type: none"> Ability to identify STE and LTE of exercise Understanding of heart rates Independently plan 	<ul style="list-style-type: none"> Defensive positioning Attacking tactics (creating space, selection of pass) Applying rules through competent officiating 	<ul style="list-style-type: none"> Positions when fielding Rules for fielding and batting Scoring Tactics of batting order Defensive fielding Backing up Leading others – forming tactics Coaching others to improve Application of key skills 	
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 2 – Rules, Regulations and analysis of performance

Half term 3	Competitive	Fitness	Flag Football/tag rugby	Flag Football/Tag Rugby	Lacrosse	Individual needs from Football, Netball or Rounders
	What makes a successful sports performer?	<ul style="list-style-type: none">Knowledge of STE of exerciseWork in target heart rate zoneUnderstanding of methods of training	<ul style="list-style-type: none">Decision making – when to pass v runCreating spaceClosing down play	<ul style="list-style-type: none">Defensive formationsPlanning forms of attackApplying rules through competent officiating	<ul style="list-style-type: none">Leading others – forming tacticsCoaching others to improveApplication of key skillsHighly competent in 1 positionIndependently lead/officiate a game	
	Traditional 1	Basketball	Badminton	Handball	Fitness	
	What makes a successful sports performer?	<ul style="list-style-type: none">The triple threatTypes of passShooting techniques	<ul style="list-style-type: none">Serve (flick/underarm)Position on courtRange of basic shotsScoring singles	<ul style="list-style-type: none">Defensive positioningAttacking tactics (creating space, selection of pass)Applying rules through competent officiating	<ul style="list-style-type: none">Plan, monitor and review a training programmeReview improvements and the effect on performanceEffectively apply principles of training	
	Traditional 2	Flag Football/Tag Rugby	Fitness	Badminton		
	What makes a successful sports performer?	<ul style="list-style-type: none">Good passing techniqueUsing spaceMarking opponents	<ul style="list-style-type: none">Ability to explain STE of exerciseUnderstanding of training zonesKnowledge of LTE of exercise	<ul style="list-style-type: none">Tactical playDoubles positioningDoubles scoring		
Health Related	Handball	Yoga	Fitness	Zumba		
	What makes a successful sports performer?	<ul style="list-style-type: none">Know the positionsTypes of passesBasic knowledge of rules	<ul style="list-style-type: none">Ability to identify STE and LTE of exerciseUnderstanding of heart ratesIndependently plan	<ul style="list-style-type: none">Ability to explain STE and LTE of exerciseUnderstanding of training thresholdsIndependently plan	<ul style="list-style-type: none">Plan, monitor and review a routineReview improvements and the effect on performanceEffectively apply principles of training	
Theory focus		Systems of the body (Cardiovascular, Respiratory, Muscular and Skeletal)	Systems of the body (Cardiovascular, Respiratory, Muscular and Skeletal)	Unit 4 – Energy systems and effects of exercise	Unit 4 – Energy systems and effects of exercise	Unit 1 – Fitness for Sport Unit 4 – Energy systems and effects of exercise
Half term 4	Competitive	Flag Football/Tag Rugby	Fitness	Basketball	Flag Football/Tag Rugby	Fitness
	What makes a successful sports performer?	<ul style="list-style-type: none">Good passing techniqueUsing spaceMarking opponents	<ul style="list-style-type: none">Ability to identify STE and LTE of exerciseUnderstanding of heart ratesIndependently plan	<ul style="list-style-type: none">Defensive strategiesSelecting suitable court positionsDefensive positioningAttacking tactics (creating space, selection of pass)Applying rules through competent officiating	<ul style="list-style-type: none">Leading others – forming tacticsCoaching others to improveApplication of key skills	
	Traditional 1	Handball	Handball	Fitness	Badminton	
	What makes a successful	<ul style="list-style-type: none">Know the positionsTypes of passes	<ul style="list-style-type: none">Knowledge of a specific role on pitch	<ul style="list-style-type: none">Ability to explain LTE of exercise	<ul style="list-style-type: none">Leading others – forming tactics	

	sports performer?	Basic knowledge of rules	<ul style="list-style-type: none"> Shooting technique Applying rules to performance 	<ul style="list-style-type: none"> Understanding of training thresholds Independently plan a training programme 	<ul style="list-style-type: none"> Coaching others to improve Application of key skills 	
	Traditional 2	Fitness	Flag Football/Tag Rugby	Flag Football/Tag Rugby		
	What makes a successful sports performer?	<ul style="list-style-type: none"> Knowledge of STE of exercise Work in target heart rate zone Understanding of methods of training	<ul style="list-style-type: none"> Decision making – when to pass v run Creating space Closing down play 	<ul style="list-style-type: none"> Defensive formations Planning forms of attack Applying rules through competent officiating 		
	Health Related	Basketball	Badminton	Aerobics	Fitness	
	What makes a successful sports performer?	<ul style="list-style-type: none"> The triple threat Types of pass Shooting techniques 	<ul style="list-style-type: none"> Serve (flick/underarm) Position on court Range of basic shots Scoring singles 	<ul style="list-style-type: none"> Ability to explain STE and LTE of exercise Understanding of training thresholds Independently plan 	<ul style="list-style-type: none"> Plan, monitor and review a training programme Review improvements and the effect on performance Effectively apply principles of training 	
Theory focus		<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>
Half term 5	Competitive	Athletics	Athletics	Athletics	Athletics	
	Traditional 1	Athletics	Athletics	Athletics	Athletics	
	Traditional 2	Athletics	Athletics	Athletics	Athletics	
	Health Related	Athletics	Athletics	Athletics	Athletics	
	What makes a successful sports performer?	<ul style="list-style-type: none"> Performance of each event with good technique Giving feedback on performance Following BAA rules 	<ul style="list-style-type: none"> Performance of each event with accurate execution Reviewing performance strengths and key areas to improve 	<ul style="list-style-type: none"> Performance of each event with full preparation phases. Reviewing performances identifying strengths and ways to improve 	<ul style="list-style-type: none"> Coaching others to improve Officiating events Self-analyse with iPads 	Options
Theory focus		<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>
Half term 6	Competitive	Rounders	Rounders	Rounders	Rounders	
	Traditional 1	Rounders	Rounders	Rounders	Rounders	
	Traditional 2	Rounders	Rounders	Rounders	Rounders	
	Health Related	Rounders	Rounders	Rounders	Rounders	
	What makes a successful sports performer?	<ul style="list-style-type: none"> Throwing Catching Basic rules 	<ul style="list-style-type: none"> Positions when fielding Rules for fielding and batting Scoring 	<ul style="list-style-type: none"> Tactics of batting order Defensive fielding Backing up 	<ul style="list-style-type: none"> Leading others – forming tactics Coaching others to improve Application of key skills 	
Theory focus		<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>