

		<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	Basketball	Recreational Sport
	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"> The triple threat Types of pass Shooting techniques Knowledge of the rules Decision making (pass, dribble or shoot) Playing a range of positions Leading others – forming tactics Coaching others to improve Application of key skills 	
	Traditional 1	Endball	Flag football/tag rugby	Rounders1	Handball	
	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"> 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"> Defensive positioning Attacking tactics (creating space, selection of pass) Applying rules through competent officiating Leading others – forming tactics Coaching others to improve Application of key skills 	
	Traditional 2	Endball		Rounders	Flag Football/Tag Rugby	
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"> 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"> Defensive formations Planning forms of attack Applying rules through competent officiating 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 	<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 to improve Application of key skills 		
Theory focus		MCQ – topics	MCQ – topics	Unit 2 – Rules, Regulations and analysis of performance	Unit 2 – Rules, Regulations and analysis of performance	Unit 3 – Training for personal fitness
Half term 2	Competitive	Handball	Badminton	Football	Football	Recreational Sport
	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	Netball	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"> 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"> Defensive formations Planning forms of attack Applying rules through competent officiating Leading others – forming tactics Coaching others to improve Application of key skills 	
	Traditional 2	Basketball	Gymnastics / yoga	Football	Badminton	
	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"> Linking movements Balance (individual and pairs) Sequences with fluency Cannon and unison 	<ul style="list-style-type: none"> Coaching others Highly competent in 1 position Independently lead/officiate a game 	<ul style="list-style-type: none"> Tactical play Doubles positioning Doubles scoring Leading others – forming tactics Coaching others to improve Application of key skills 	
	Health Related	Flag Football/Tag Rugby		Netball	Zumba	
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"> Defensive positioning Attacking tactics (creating space, selection of pass) Applying rules through competent officiating 	<ul style="list-style-type: none"> Plan, monitor and review a routine Review improvements and the effect on performance Effectively apply principles of training Coaching others to improve Application of key skills 	
Theory focus		MCQ – topics	MCQ – topics	Unit 2 – Rules, Regulations and analysis of performance	Unit 4 – Energy systems and effects of Exercise	Unit 3 – training for personal fitness
Half term 3	Competitive	Fitness	Flag Football/tag rugby	Flag Football/Tag Rugby	Handball	
	What makes a successful	<ul style="list-style-type: none"> Knowledge of STE of exercise 	<ul style="list-style-type: none"> Decision making – when to pass v run Creating space 	<ul style="list-style-type: none"> Defensive formations Planning forms of attack 	<ul style="list-style-type: none"> Leading others – forming tactics Coaching others to improve 	

	sports performer?	<ul style="list-style-type: none"> Work in target heart rate zone Understanding of methods of training 	<ul style="list-style-type: none"> Closing down play 	<ul style="list-style-type: none"> Applying rules through competent officiating 	<ul style="list-style-type: none"> Application of key skills Highly competent in 1 position Independently lead/officiate a game 	Recreational Sport
	Traditional 1	Basketball	Badminton	Handball	Lacrosse	
	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"> Defensive positioning Attacking tactics (creating space, selection of pass) Applying rules through competent officiating 	<ul style="list-style-type: none"> Leading others – forming tactics Coaching others to improve Application of key skills Highly competent in 1 position Independently lead/officiate a game 	
	Traditional 2	Flag Football/Tag Rugby	Zumba	Badminton	Fitness	
	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 explain STE of exercise Understanding of training zones Knowledge of LTE of exercise 	<ul style="list-style-type: none"> Tactical play Doubles positioning Doubles scoring 	<ul style="list-style-type: none"> Plan, monitor and review a programme Review improvements and the effect on performance Effectively apply principles of training 	
	Health Related	Handball		Fitness	Badminton	
	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"> Ability to explain STE and LTE of exercise Understanding of training thresholds Independently plan 	<ul style="list-style-type: none"> Leading others – forming tactics Coaching others to improve Application of key skills 	
Theory focus		MCQ – topics	MCQ – topics	Unit 4 – Energy systems and effects of exercise	Unit 4 – Energy systems and effects of exercise	Unit 4 - Energy systems and effects of exercise
Half term 4	Competitive	Flag Football/Tag Rugby	Fitness	Basketball	Flag Football/Tag Rugby	Recreational Sport
	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 strategies Selecting suitable court positions Defensive positioning Attacking tactics (creating space, selection of pass) Applying rules through competent officiating 	<ul style="list-style-type: none"> Leading others – forming tactics Coaching others to improve Application of key skills 	
	Traditional 1	Handball	Handball	Fitness	Basketball	
	What makes a successful	<ul style="list-style-type: none"> Know the positions Types of passes Basic knowledge of rules 	<ul style="list-style-type: none"> Knowledge of a specific role on pitch Shooting technique 	<ul style="list-style-type: none"> Ability to explain LTE of exercise Understanding of training thresholds 	<ul style="list-style-type: none"> Leading others – forming tactics Coaching others to improve 	

	sports performer?		<ul style="list-style-type: none"> Applying rules to performance 	<ul style="list-style-type: none"> Independently plan a training programme 	<ul style="list-style-type: none"> Application of key skills Highly competent in 1 position Independently lead/officiate a game 	
	Traditional 2	Fitness		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"> Defensive formations Planning forms of attack Applying rules through competent officiating 		
	Health Related	Basketball	Badminton	Aerobics	Handball	
	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"> Leading others – forming tactics Coaching others to improve Application of key skills Highly competent in 1 position Independently lead/officiate a game 	
Theory focus		<i>MCQ – topics)</i>	<i>MCQ – topics</i>	<i>Unit 4 – Energy systems and effects of exercise</i>	<i>Unit 5 – Training for Sports Performance</i>	<i>Unit 4 - Energy systems and effects of exercise</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 	Recreational Sport
Theory focus		<i>MCQ – topics</i>	<i>MCQ – topics</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>