	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Football - Knowledge of how to conduct an appropriate warm-up, clear understanding of the rules and the ability to describe how to complete or improve the skills required for the sport.	Basketball - Knowledge of how to conduct an appropriate warm-up, clear understanding of the rules and the ability to describe how to complete or improve the skills required for the sport.	Gymnastics - Knowledge of how to conduct an appropriate warm-up, clear understanding of the rules and the ability to describe how to complete or improve the skills required for the sport.	Handball/Netball - Knowledge of how to conduct an appropriate warm-up, clear understanding of the rules and the ability to describe how to complete or improve the skills required for the sport.	Rounders - Knowledge of how to conduct an appropriate warm-up, clear understanding of the rules and the ability to describe how to complete or improve the skills required for the sport.	Athletics - Knowledge of how to conduct an appropriate warm-up, clear understanding of the rules and the ability to describe how to complete or improve the skills required for the sport.
Year 8	Football – Knowledge of how to outwit the opponent via the application of tactics/strategies and continue to develop the skills associated with the sport.	Basketball - Knowledge of how to outwit the opponent via the application of tactics/strategies and continue to develop the skills associated with the sport.	Badminton - Knowledge of how to outwit the opponent via the application of tactics/strategies and continue to develop the skills associated with the sport.	Handball/Netball Knowledge of how to outwit the opponent via the application of tactics/strategies and continue to develop the skills associated with the sport.	Cricket - Knowledge of how to outwit the opponent via the application of tactics/strategies and continue to develop the skills associated with the sport.	Athletics - Knowledge of how to outwit the opponent via the application of tactics/strategies and continue to develop the skills associated with the sport.
Year 9	Football - Knowledge of	Basketball - Knowledge of	Table tennis - Knowledge of	Handball/Netball - Knowledge of	Pickle ball - Knowledge of	Athletics - Knowledge of

	how to assess performance and make appropriate suggestions of how to improve. The ability to outwit the opponents by utilising their developed skills and understanding of tactics and strategies.	how to assess performance and make appropriate suggestions of how to improve. The ability to outwit the opponents by utilising their developed skills and understanding of tactics and strategies.	how to assess performance and make appropriate suggestions of how to improve. The ability to outwit the opponents by utilising their developed skills and understanding of tactics and strategies.	how to assess performance and make appropriate suggestions of how to improve. The ability to outwit the opponents by utilising their developed skills and understanding of tactics and strategies.	how to assess performance and make appropriate suggestions of how to improve. The ability to outwit the opponents by utilising their developed skills and understanding of tactics and strategies.	how to assess performance and make appropriate suggestions of how to improve. The ability to outwit the opponents by utilising their developed skills and understanding of tactics and strategies.
Year 10	Understanding Health & Fitness. Components of fitness.	Principles of training. Methods of training.	Skeletal system. Muscular system.	Respiratory system. Cardiovascular system.	Energy systems. Effects of health & Fitness	Optimising a Health & Fitness programme. Lifestyle factors.
Year 11	Diet and Nutrition. Health & Fitness analysis.	Goal setting. NEA preparation.	NEA preparation	NEA preparation	Exams	Exams