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| Term | Autumn | Spring | Summer |
| Year 7 Activities | Handball  Hockey  Basketball  Netball | Rugby  Football  HRF | Rounders  Athletics  Cricket |
| Year 7 Topics | Rules and regulations  Passing  Dribbling  Attacking  Defending  Outwitting opponent | Rules and regulations  Passing  Dribbling  Attacking  Defending  Outwitting opponent  Components of fitness  Muscle groups  Healthy lifestyle  Training methods | Rules and regulations  Catching  Throwing  Bowling  Batting  Fielding  Running |
| Year 8 Activities | Handball  Hockey  Basketball  Netball | Rugby  Football  HRF | Rounders  Athletics  Cricket |
| Year 8 Topics | Passing  Dribbling  Attacking  Defending  Outwitting opponent  Leading warm ups  Tactics  TGFU | Passing  Dribbling  Attacking  Defending  Outwitting opponent  Leading warm ups  Tactics  TGFU  Components of fitness  Muscle groups  Healthy lifestyle  Training methods  SMART | Catching  Throwing  Bowling  Batting  Fielding  Running  Leading warm ups  Tactics  TGFU |
| Year 9 Activities | Handball  Hockey  Basketball  Netball | Rugby  Football  HRF | Rounders  Athletics  Cricket |
| Year 9 Topics | Passing  Dribbling  Attacking  Defending  Outwitting opponent  Leading warm ups  Tactics  TGFU  Leadership (coaching)  Analysis of performance | Passing  Dribbling  Attacking  Defending  Outwitting opponent  Leading warm ups  Tactics  TGFU  Components of fitness  Muscle groups  Healthy lifestyle  Training methods  SMART  Leadership (coaching)  Analysis of performance | Catching  Throwing  Bowling  Batting  Fielding  Running  Leading warm ups  Tactics  TGFU  Leadership (coaching)  Analysis of performance |
| Year 10 | **Applied anatomy and physiology/Movement analysis**  -Structure and functions of the musculoskeletal system  -Structure and functions of the cardio-respiratory system  -Aerobic and anaerobic exercise  -Level systems  -Planes and axes of movement | **Physical training**  -Health and fitness and role that exercise plays in both  -Components of fitness/how fitness is measured ad how to improve it  -Principles of training and their application to personal exercise/training programmes  -How to optimise training and prevent injury  -Effective use of warm up and cool down | **Use of data/Sports psychology**  -Understand how date is collected, both qualitative and quantitative  -Present data (including tables and graphs)  -Analyse and evaluate data  -Classification of skills  -Use of goal setting and SMART targets to improve and optimise performance  -Basic information processing  -Guidance and feedback on performance  -Mental preparation on performance |
| Year 11 | **Socio-cultural influences/Health, fitness and well being**  -Engagement patterns of different social groups in physical activity and sport  -Commercialisation of physical activity and sport  -Ethical and socio-cultural issues in physical activity and sport  -Physical, emotional and social health, fitness and well being  -The consequences of a sedentary lifestyle  -Energy use, diet, nutrition and hydration | **Go over topics, revision, past paper mock exams.** |  |