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| Term | Autumn | Spring | Summer |
| Year 7 Activities | HandballHockeyBasketballNetball | RugbyFootballHRF | RoundersAthleticsCricket |
| Year 7 Topics | Rules and regulationsPassingDribblingAttackingDefendingOutwitting opponent | Rules and regulationsPassingDribblingAttackingDefendingOutwitting opponentComponents of fitnessMuscle groupsHealthy lifestyleTraining methods | Rules and regulationsCatchingThrowingBowlingBattingFieldingRunning |
| Year 8 Activities | HandballHockeyBasketballNetball | RugbyFootballHRF | RoundersAthleticsCricket |
| Year 8 Topics | PassingDribblingAttackingDefendingOutwitting opponentLeading warm upsTacticsTGFU | PassingDribblingAttackingDefendingOutwitting opponentLeading warm upsTacticsTGFUComponents of fitnessMuscle groupsHealthy lifestyleTraining methodsSMART | CatchingThrowingBowlingBattingFieldingRunningLeading warm upsTacticsTGFU |
| Year 9 Activities | HandballHockeyBasketballNetball | RugbyFootballHRF | RoundersAthleticsCricket |
| Year 9 Topics | PassingDribblingAttackingDefendingOutwitting opponentLeading warm upsTacticsTGFULeadership (coaching)Analysis of performance | PassingDribblingAttackingDefendingOutwitting opponentLeading warm upsTacticsTGFUComponents of fitnessMuscle groupsHealthy lifestyleTraining methodsSMARTLeadership (coaching)Analysis of performance | CatchingThrowingBowlingBattingFieldingRunningLeading warm upsTacticsTGFULeadership (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.** |  |