Year 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Netball Fundamental skills required to perform at maximum levels in small, sided games. Development of the basic principles of attack and defence. Be challenged in pressured and competitive situations. Think about ways to outwit the opposition. **Basketball** Fundamental skills required to perform at maximum levels in small, sided games. Development of the basic principles of attack and defence. Think about how to use core skills, strategies and tactics to outwit the opposition.	**Hockey** Fundamental skills required to perform at maximum levels in competitive games. Development of the basic principles of attack and defence in hockey. In all game's activities, pupils are encouraged to think about how to use core skills, strategies and tactics to outwit the opposition. **Touch Rugby** Improving and applying basic core skills for rugby. In all games activities, pupils will think about how to use core skills, strategies and tactics to outwit the opposition. Individuals will learn to make informed decisions during small, sided games and plan attacking principles.	**Badminton** Basic principles of attack and defence to plan strategies and tactics for badminton. Replicate the core skills necessary to outwit opponents with increasing pressure. literacy. Begin to accurately score and officiate mini badminton games. **Football** Fundamental skills required to perform at maximum levels in competitive games. Development of the basic principles of attack and defence in football. Think about how to use core skills, strategies and tactics to outwit the opposition.	**Table Tennis** Replicate the core skills necessary to outwit opponents with limited time to react. Use basic principles of attack to produce successful outcomes. Accurately score and officiate table tennis games. **Health Related Fitness** Accurately replicate specific techniques in a range of fitness-based activities. Investigations into the bodies' ability to exercise and the reasoning behind such principles. Understanding of warmups, cool downs and health importance through physical tasks. Benefits that fitness events give to an individual and implications for future life.	**Athletics** Accurately replicate running, jumping and throwing skills for events in order to improve individual performances. Explore variations in technique; use the information to become more technically proficient. Perform and improve personal bests in relation to speed, height and distances. **Cricket** Replicate and improve core skills in batting, bowling and fielding. Improving the quality of replication with the intention of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived/avoided and running between wickets to score runs. Begin to accurately score games.	**Soft Ball** Replicate and improve core skills in batting, bowling and fielding. Improving the quality of replication with the intention of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived/avoided and running between bases to score runs. Begin to accurately score games. **Tennis** Replicate the core skills necessary to outwit opponents in competitive games. Develop their understanding of tactics and play shots within a rally more consistently. Begin to accurately score and officiate tennis games.

Year 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Basketball Focus on developing team attacking and defending strategies and techniques. Select and apply core basketball skills using them tactically with the intention of outwitting their opponents. Improved knowledge of small sided competitive games and rules that underpin the game. **Netball** Develop team attacking and defending strategies and techniques using a set of core skills. Experience a range of skill variations with intent to outwit the opposition. Develop a sound knowledge of positions and rules surrounding footwork and contact. Analyse performances and adapt elements to improve.	**Hockey** Develop attacking and defending strategies and replicate techniques required in competitive games. Development of the ability to perform and influence a game or pressurised situation. In all game's activities, pupils are encouraged to think about use of core skills as part of tactics to outwit the opposition. Develop confidence in movement and test mental capacity through scoring and officiating games. **Touch Rugby** Develop attacking and defending strategies and replicating techniques required in competitive games. Development of the ability to perform and influence a game or pressurised situation. Think about use of core skills as part of strategies to outwit the opposition. Develop confidence in movement and test	**Badminton** Focus on consistently replicating core skills through conditioned situations. Develop the ability to land the shuttle in a target area and refine game strategies with the intention of outwitting an opponent. Develop confidence in movement and test mental capacity through scoring and officiating games. **Football** Develop team attacking and defending strategies and techniques required to take part in competitive games. Development of the basic football skills will allow individuals to influence a game or pressurised situation. In all games activities, think about how to use core skills, strategies and tactics to outwit the opposition.	**Table Tennis** Consistently replicate core skills through conditioned situations. Develop the ability to land the ball in a target area and refine game strategies with the intention of outwitting an opponent. Develop confidence in movement and test mental capacity through scoring and officiating games. **Health Related Fitness** Experience specific fitness-based skills in a range of different contexts. Develop an ability to evaluate and assess movements and techniques to produce refined outcomes. Investigate ways of warming up and the importance of health through completion of physical tasks. Develop confidence in movement and test mental capacity through linked heart rate to exercise.	**Athletics** Use knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. Develop understanding of fitness and its relationship to performance. Perform and improve core skills and personal/team bests in relation to speed, height, distance and accuracy. Develop confidence in movement and challenge mental capacity. **Cricket** Accurate replication & further develop, implement and refine techniques for batting, bowling and fielding. Develop the ability to place the ball in a target area and refine game strategies with the intention of outwitting an opponent. Develop confidence in movement and test mental capacity	**Soft Ball** Accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding. Develop the ability to place the ball in a target area and refine game strategies with the intention of outwitting an opponent. Develop confidence in movement and test mental capacity through scoring and officiating games. **Tennis** Consistently replicate core skills through conditioned situations. Develop the ability to land the ball in a target area and refine game strategies with the intention of outwitting an opponent. Develop confidence in movement and test mental capacity through scoring and officiating games.

		mental capacity, tactical refinement and maintaining a game score.			through scoring and officiating games.	

Year 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Netball Develop, implement and refine team and individual game plans to outwit opponents. Teams will be expected to use core skills and implement them in different competitive situations. Understand game rules, play a number of positions and physically exert themselves throughout. **Basketball** Develop, implement and refine team and individual game plans to outwit opponents. Teams will be expected to use core skills and implement them in different competitive situations. Understand basic game rules, play a number of roles and physically exert	**Hockey** Implementing and refining core skills as a team and as individuals to outwit opponents. Teams will be expected to plan strategies and implement them in competitive games. Development of decision-making skills will be encouraged through game play. Independently be able to score and officiate hockey games and physically exert themselves throughout. **Touch Rugby** Implement and refine core skills as a team and as individuals to outwit opponents. Teams will be expected to plan strategies and implement them in competitive games.	**Badminton** Focus on replicating and developing more advanced techniques as well as implementing and refining strategic play to outwit opponents. Demonstrate the essential elements of attack and defence. Develop confidence to get the shuttle to land in a target area so that the opponent cannot return it. Independently be able to score and officiate badminton games. **Football** Implement and refine core skills as a team and as individuals to outwit opponents. Teams will be expected to plan strategies and implement them in competitive games. In all game activities, the	**Table Tennis** Consistently replicate core skills through competitive situations. Develop the ability to land the ball in a target area and refine game tactics with the intention of improving personal best. Understand the game's rules, accurately score/officiate and physically exert themselves throughout. **Health Related Fitness** Develop specific fitness-based skills in a range of different challenges. Improve the ability to evaluate and refine movements. Investigate ways of warming up and the importance of health through completion of	**Athletics** Enhance replication and performance across all disciplines. Understanding of fitness and its effect on performance. Planning, preparing for and competing in a range of athletic competitions. Perform core skills and record personal/collective bests. Develop knowledge of the immediate effects of exercise and physically exert themselves throughout. **Cricket** Demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding. Improving the skill of outwitting opponents as a batter and	**Soft Ball** Demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding. Improve the skill of outwitting opponents as a batter and bowler. Development of decision-making skills will be encouraged through game play. Independently be able to score and officiate rounders games. **Tennis** Consistently replicate core skills through competitive situations attempting more advanced variations. Develop the ability to land the ball in a target area and refine game tactics with the intention of improving personal best.

	themselves throughout.	Development of decision-making skills will be encouraged through game play. Independently be able to score and officiate games and physically exert themselves throughout.	main intention is to invade your opponents' territory and to outwit them so that you can score goals or points. Opportunity to officiate and coach small groups and understand the importance of teamwork.	physical activities. Develop knowledge of the immediate effects of exercise and physically exert themselves throughout.	bowler. Decision making skills will be encouraged through game play. Independently be able to score and officiate cricket games.	Understand the game's rules, accurately score/officiate and physically exert themselves throughout.