

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<b>Football</b> (Invasion Games) <b>Badminton</b> (Outwitting an opponent)	<b>Football</b> (Invasion Games) <b>Badminton</b> (Outwitting an opponent)	<b>Basketball</b> <b>Rugby</b> (Invasion Games)	<b>Basketball</b> <b>Rugby</b> (Invasion Games)	<b>Striking &amp; Fielding</b> (Outwitting Opponents) <b>Athletics</b> Fundamental Movement Skills Improving Performance	<b>Striking &amp; Fielding</b> (Outwitting Opponents) <b>Athletics</b> Fundamental Movement Skills Improving Performance
Year 8	<b>Football</b> (Invasion Games) <b>Badminton</b> (Outwitting an opponent)	<b>Football</b> (Invasion Games) <b>Badminton</b> (Outwitting an opponent)	<b>Basketball</b> <b>Rugby</b> (Invasion Games)	<b>Basketball</b> <b>Rugby</b> (Invasion Games)	<b>Striking &amp; Fielding</b> (Outwitting Opponents) <b>Athletics</b> Fundamental Movement Skills Improving performance	<b>Striking &amp; Fielding</b> (Outwitting Opponents) <b>Athletics</b> Fundamental Movement Skills Improving Performance
Year 9	<b>Health &amp; Fitness</b> Types of Training/Components of Fitness <b>Football</b> (Invasion Games)	<b>Health &amp; Fitness</b> Types of Training / Components of Fitness <b>Football</b> (Invasion Games)	<b>Netball</b> <b>Basketball</b> <b>Rugby</b> (Invasion Games)	<b>Netball</b> <b>Basketball</b> <b>Rugby</b> (Invasion Games)	<b>Striking &amp; Fielding</b> (Outwitting Opponents) <b>Athletics</b> Fundamental Movement Skills	<b>Striking &amp; Fielding</b> (Outwitting Opponents) <b>Athletics</b> Fundamental Movement Skills
Year 10	<b>Football</b> (Invasion Games) <b>Badminton</b> (Outwitting an opponent)	<b>Football</b> (Invasion Games) <b>Badminton</b> (Outwitting an opponent)	<b>Netball</b> <b>Tag</b> <b>Rugby/Rugby</b> <b>Basketball</b> (Invasion Games)	<b>Netball</b> <b>Tag</b> <b>Rugby/Rugby</b> <b>Basketball</b> (Invasion Games)	<b>Striking &amp; Fielding</b> (Outwitting Opponents) <b>Athletics</b> Fundamental Movement Skills	<b>Alternative Curriculum</b> Eg. Roundnet Flag Football Striking & Fielding
Year 11	<b>Football</b> (Invasion Games) <b>Badminton</b> (Outwitting an opponent)	<b>Football</b> (Invasion Games) <b>Badminton</b> (Outwitting an opponent)	<b>Alternative Curriculum</b> Eg. Roundnet <b>Flag Football/Tag</b> <b>Rugby</b> <b>Basketball</b> (Invasion Games)	Revision	Revision	