



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Team Building	Team Building	Tag Rugby	Swimming	Swimming	Rounders
	Orienteering	Orienteering	Football	Short Tennis	Netball	Athletics
	Swimming	Gymnastics		Fitness	Fitness	
	Volleyball	Swimming				
Year 8	Orienteering	Orienteering	Swimming	Swimming	Swimming	Swimming
	Swimming	Swimming	Gymnastics	Fitness	Fitness	Netball
	Gymnastics	Gymnastics	Football	Netball	Netball	Athletics
	Volleyball	Volleyball	Tag Rugby	Short Tennis	Short Tennis	Rounders
		Football			Athletics	
		Tag Rugby			Rounders	
Year 9	Orienteering	Orienteering	Swimming	Swimming	Swimming	Swimming
	Swimming	Swimming	Gymnastics	Fitness	Fitness	Netball
	Gymnastics	Gymnastics	Football	Netball	Netball	Athletics
	Volleyball	Volleyball	Handball	Short Tennis	Short Tennis	Rounders
		Football			Athletics	
		Handball			Rounders	
End of Key Stage 3						
Year 10	Sports provision	Equipment and technology.	Preparing participants for activity	BTEC assessment window	Components of fitness	Sports participation as a performer and official
	Swimming	Swimming	Swimming	Swimming	Athletics	Athletics
	Netball	Fitness	Handball	Netball	Rounders	Rounders
	Badminton	Badminton	Badminton	Badminton		
	Football	Football	Football	Handball		

Year 11	<p>Improving sports performance</p> <p>Football</p> <p>Netball</p> <p>Badminton</p> <p>Fitness</p>	<p>BTEC assessment window</p> <p>Football</p> <p>Netball</p> <p>Badminton</p> <p>Fitness</p>	<p>Fitness training principles & methods</p> <p>Volleyball</p> <p>Netball</p> <p>Badminton</p> <p>Fitness</p>	<p>Fitness testing & programming</p> <p>Options:</p> <p>Invasion Based Games</p> <p>Fitness based Activities</p> <p>Extra Revision time</p>	<p>Revision</p> <p>Options:</p> <p>Invasion Based Games</p> <p>Fitness based Activities</p> <p>Extra Revision time</p>	<p>Exam window</p>
End of Key Stage 4						
Year 12	Unit 2: Fitness Training and Programming for Health, Sport and Well-being					
Year 13	Unit 4: Sports Leadership					
Year 13	Unit 1: Anatomy and Physiology Unit 3: Professional Development in the Sports Industry					
End of Key Stage 5						