

	HALL	3G	SPORTS HALL	FIELD	YARD				
Y7	Week Starting	11th Sep (8 weeks)	13th Nov (8 weeks)	22nd January (4 weeks)	26th February (4 weeks)	25th March (1 week)	15th April (6 weeks)	3rd June (6 weeks)	15th July (1 week)
	BOYS 1 Lesson 1	FMS (4) OUTWITTING OPPONENTS THRU HOWLER / ULTIMATE (4)	Preparing for exercise through RUGBY	Benefits of exercise from CIRCUITS	Cross Country (Healthy Participation)	Knowledge assessment week	Hand-eye coordination through striking in TABLE TENNIS	Sending, receiving & striking through Rounders/Cricket/Sball/ XGolf	SPORTS DAY PRACTICE
	BOYS 1 Lesson 2	Problem solving (4) & orienteering skills (4)	Hand-eye co-ordination through LACROSSE Foot-eye co-ordination through FOOTBALL	Movement through Dance SAQ Boxercise	Fitness testing & well-being - Rotate use of Sportshall & 3G with B2	Knowledge assessment week	Understanding Body systems through Athletics	Performing at maximum levels through Athletics	SPORTS DAY PRACTICE
	BOYS 2 Lesson 1	Problem solving (4) & orienteering skills (4)	Hand-eye co-ordination through LACROSSE Foot-eye co-ordination through FOOTBALL	Benefits of exercise from CIRCUITS	Cross Country (Healthy Participation)	Knowledge assessment week	Understanding Body systems through Athletics	Performing at maximum levels through Athletics	SPORTS DAY PRACTICE
	BOYS 2 Lesson 2	FMS (4) OUTWITTING OPPONENTS THRU HOWLER / ULTIMATE (4)	Preparing for exercise through RUGBY	Movement through Dance SAQ Boxercise	Fitness testing & well-being - Rotate use of Sportshall & 3G with B1	Knowledge assessment week	Hand-eye coordination through striking in TABLE TENNIS	Sending, receiving & striking through Rounders/Cricket/Sball/ XGolf	SPORTS DAY PRACTICE
	GIRLS 1 Lesson 1	FMS (4) OUTWITTING OPPONENTS IN NETBALL (4)	GYMNASTICS & TRAMPOLINING	Hand-eye co-ordination through FOOTBALL (4) Foot-eye co-ordination through LACROSSE (4)	Fitness testing & well-being - Rotate use of Sportshall & 3G with G2	Knowledge assessment week	Sending, receiving & striking through Rounders/Cricket/Sball/ XGolf	Throwing & receiving through OBJECTS / HOWLER / ULTIMATE	SPORTS DAY PRACTICE
	GIRLS 1 Lesson 2	Preparing for exercise through NETBALL	Movement through Dance SAQ Boxercise	Benefits of exercise from CIRCUITS	Cross Country (Healthy Participation)	Knowledge assessment week	Understanding Body systems through Athletics	Performing at maximum levels through Athletics	SPORTS DAY PRACTICE
	GIRLS 2 Lesson 1	Preparing for exercise through NETBALL	Movement through Dance SAQ Boxercise	Hand-eye co-ordination through LACROSSE (4) Foot-eye co-ordination through FOOTBALL (4)	Fitness testing & well-being - Rotate use of Sportshall & 3G with G1	Knowledge assessment week	Understanding Body systems through Athletics	Performing at maximum levels through Athletics	SPORTS DAY PRACTICE
	GIRLS 2 Lesson 2	FMS (4) OUTWITTING OPPONENTS IN NETBALL (4)	GYMNASTICS & TRAMPOLINING	Benefits of exercise from CIRCUITS	Cross Country (Healthy Participation)	Knowledge assessment week	Sending, receiving & striking through Rounders/Cricket/Sball/ XGolf	Throwing & receiving through OBJECTS / HOWLER / ULTIMATE	SPORTS DAY PRACTICE
	Week Starting	11th Sep (8 weeks)	13th Nov (8 weeks)	22nd January (4 weeks)	26th February (4 weeks)	25th March (1 week)	15th April (6 weeks)	3rd June (6 weeks)	15th July (1 week)
Y8	BOYS 1 Lesson 1	Principles of attack and defense through LACROSSE (4) & FOOTBALL (4)	Co-ordination / Balance / Flexibility through GYMNASTICS & TRAMPOLINING	Benefits of exercise from CIRCUITS	Anatomy / Skeletal & Muscular system applied through XC	Knowledge assessment week	Sending, receiving & striking through Rounders/Cricket/Sball/ XGolf	"THE BUCKET LIST" EXPEDITION / TAG ARCHERY / EXTREME GOLF / CAMP CRAFT	SPORTS DAY PRACTICE
	BOYS 1 Lesson 2	Outwitting an opponent in an individual activity TABLE TENNIS	Understanding resilience & techniques through RUGBY	Fitness testing for specific sports through RUGBY	SAS resilience	Knowledge assessment week	Understanding Safety considerations through Athletics	Performing at maximum levels through Athletics	SPORTS DAY PRACTICE
	BOYS 2 Lesson 1	Outwitting an opponent in an individual activity TABLE TENNIS	Understanding resilience & techniques through RUGBY	Benefits of exercise from CIRCUITS	SAS resilience	Knowledge assessment week	Understanding Safety considerations through Athletics	Performing at maximum levels through Athletics	SPORTS DAY PRACTICE
	BOYS 2 Lesson 2	Principles of attack and defense through FOOTBALL (4) & LACROSSE (4)	Co-ordination / Balance / Flexibility through GYMNASTICS & TRAMPOLINING	Fitness testing for specific sports through RUGBY	Anatomy / Skeletal & Muscular system applied through XC	Knowledge assessment week	Sending, receiving & striking through Rounders/Cricket/Sball/ XGolf	"THE BUCKET LIST" EXPEDITION / TAG ARCHERY / EXTREME GOLF / CAMP CRAFT	SPORTS DAY PRACTICE
	GIRLS 1 Lesson 1	Problem solving & orienteering skills	Understanding resilience & techniques through RUGBY	Principles of attack and defense through FOOTBALL (4) & LACROSSE (4)	Fitness testing for specific sports & well-being - Sportshall / 3G	Knowledge assessment week	"THE BUCKET LIST" EXPEDITION / TAG ARCHERY / EXTREME GOLF / CAMP CRAFT	Sending, receiving & striking through Rounders/Cricket/Sball/ XGolf	SPORTS DAY PRACTICE
	GIRLS 1 Lesson 2	Outwitting an opponent in an individual activity NETBALL	Movement through Dance SAQ Boxercise	Benefits of exercise from CIRCUITS	Anatomy / Skeletal & Muscular system applied through XC	Knowledge assessment week	Performing at maximum levels through Athletics	Understanding Safety considerations through Athletics	SPORTS DAY PRACTICE
	GIRLS 2 Lesson 1	Outwitting an opponent in an individual activity NETBALL	Movement through Dance SAQ Boxercise	Principles of attack and defense through FOOTBALL (4) & FOOTBALL (4)	Anatomy / Skeletal & Muscular system applied through XC	Knowledge assessment week	Performing at maximum levels through Athletics	Understanding Safety considerations through Athletics	SPORTS DAY PRACTICE
	GIRLS 2 Lesson 2	Problem solving & orienteering skills	Understanding resilience & techniques through RUGBY	Benefits of exercise from CIRCUITS	Fitness testing for specific sports & well-being - Sportshall / 3G	Knowledge assessment week	"THE BUCKET LIST" EXPEDITION / TAG ARCHERY / EXTREME GOLF / CAMP CRAFT	Sending, receiving & striking through Rounders/Cricket/Sball/ XGolf	SPORTS DAY PRACTICE
	MIXED Lesson 1	Movement through Dance SAQ Boxercise	Anatomy / Skeletal & Muscular system applied through XC	Benefits of exercise from CIRCUITS	Principles of attack and defense through LACROSSE (4) & FOOTBALL (4)	Knowledge assessment week	Sending, receiving & striking through Rounders/Cricket/Sball/ XGolf	"THE BUCKET LIST" EXPEDITION / TAG ARCHERY / EXTREME GOLF / CAMP CRAFT	SPORTS DAY PRACTICE
	MIXED Lesson 2	Problem solving & orienteering skills	SAS resilience	Benefits of exercise from CIRCUITS	Outwitting an opponent in an individual activity NETBALL / BENCHBALL / DODGEBALL	Knowledge assessment week	Hand-eye coordination through striking in TABLE TENNIS	Performing at maximum levels through Athletics	SPORTS DAY PRACTICE
	Week Starting	11th Sep (8 weeks)	13th Nov (8 weeks)	22nd January (4 weeks)	26th February (4 weeks)	25th March (1 week)	15th April (6 weeks)	3rd June (6 weeks)	15th July (1 week)
Y9	BOYS 1 Lesson 1	Undertaking Warm Ups Applied Anatomy Leading a skill session through LACROSSE	Components of fitness applied & tested in RUGBY	Benefits of exercise from Circuits	ORIENTEERING / SAS RESILIENCE	Knowledge assessment week	BECOMING AN EFFECTIVE LEADER	Sending, receiving & striking through Rounders / Vball / S/Ball / StBall / XGolf	SPORTS DAY PRACTICE
	BOYS 1 Lesson 2	Analysing techniques & strategies through TABLE TENNIS	Introduction to leadership through FOOTBALL	Anatomy / Respiratory & Circulatory through XC	Fitness testing & health screening tests (BMI BPressure) / Diet / Sleep / Activity / WBeing	Knowledge assessment week	Evaluating CoF and analysing techniques in ATHLETICS	Performing at maximum levels through Athletics	SPORTS DAY PRACTICE
	BOYS 2 Lesson 1	Analysing techniques & strategies through TABLE TENNIS	Introduction to leadership through FOOTBALL	Benefits of exercise from Circuits	ORIENTEERING / SAS RESILIENCE	Knowledge assessment week	Evaluating CoF and analysing techniques in ATHLETICS	Performing at maximum levels through Athletics	SPORTS DAY PRACTICE
	BOYS 2 Lesson 2	Undertaking Warm Ups Applied Anatomy Leading a skill session through LACROSSE	Components of fitness applied & tested in RUGBY	Anatomy / Respiratory & Circulatory through XC	Fitness testing & health screening tests (BMI BPressure) / Diet / Sleep / Activity / WBeing	Knowledge assessment week	BECOMING AN EFFECTIVE LEADER	Sending, receiving & striking through Rounders / Vball / S/Ball / StBall / Xgolf	SPORTS DAY PRACTICE
	GIRLS 1 Lesson 1	Undertaking Warm Ups Applied Anatomy Leading a skill session through NETBALL	Components of fitness applied & tested in FOOTBALL & LACROSSE	SAS RESILIENCE / ORIENTEERING	Introduction to leadership through FOOTBALL	Knowledge assessment week	Sending, receiving & striking through Rounders / Vball / S/Ball / StBall / XGolf	BECOMING AN EFFECTIVE LEADER	SPORTS DAY PRACTICE
	GIRLS 1 Lesson 2	Fitness testing & health screening tests (BMI BPressure) / Diet / Sleep / Activity / WBeing	Co-ordination / Balance / Flexibility through GYMNASTICS & TRAMPOLINING	Benefits of exercise from Circuits	Anatomy / Respiratory & Circulatory through XC	Knowledge assessment week	Hand-eye coordination through striking in TABLE TENNIS	Evaluating CoF and analysing techniques in ATHLETICS	SPORTS DAY PRACTICE
	GIRLS 2 Lesson 1	Fitness testing & health screening tests (BMI BPressure) / Diet / Sleep / Activity / WBeing	Co-ordination / Balance / Flexibility through GYMNASTICS & TRAMPOLINING	SAS RESILIENCE / ORIENTEERING	Anatomy / Respiratory & Circulatory through XC	Knowledge assessment week	Hand-eye coordination through striking in TABLE TENNIS	Evaluating CoF and analysing techniques in ATHLETICS	SPORTS DAY PRACTICE
	GIRLS 2 Lesson 2	Undertaking Warm Ups Applied Anatomy Leading a skill session through NETBALL	Components of fitness applied & tested in FOOTBALL & LACROSSE	Benefits of exercise from Circuits	Introduction to leadership through FOOTBALL	Knowledge assessment week	Sending, receiving & striking through Rounders / Vball / S/Ball / StBall / XGolf	BECOMING AN EFFECTIVE LEADER	SPORTS DAY PRACTICE