



**1. Rugby** By the end of this sport you will be confident in performing skills in isolation, drills and small sided games. The first skill is **passing** the rugby ball using correct technique. You will learn the key principles of **defence and attack**, some of the positions that can be played and what a **line out** is. You will be able to perform safe **tackling** technique and will be able to **ruck** for the ball. You will be able to take part in a simple **scrum** and will know what types of **kicking** are effective in rugby. You will be given the opportunity to take part in **extra curricular rugby** and **compete against other schools** competitively.

**2. Handball** By the end of this sport you will be confident in performing skills in isolation, drills and small sided games. The first skill is **passing** the handball using correct technique. You will learn how to **dribble** with the ball, successfully **shoot** and become a better **defender**. You will learn the key principles of **defence and attack** and the tactics and strategies needed to perform effectively. You will be given the opportunity to take part in **extra curricular handball** and **compete against other schools** competitively.

**3. Netball** By the end of this sport you will be confident in performing skills in isolation, drills and small sided games. The first skill is **passing** the netball using correct technique. You will learn how to use correct **footwork**, how to **mark**, successfully **shoot** and understand the **positions** on court. You will learn the key principles of **defence and attack** and the tactics and strategies needed to perform effectively. You will be given the opportunity to take part in **extra curricular netball** and **compete against other schools** competitively.

**4. Hockey** By the end of this sport you will be confident in performing skills in isolation, drills and small sided games. The first skill is **holding and travelling with the stick** the handball using correct technique. You will learn how to use correct technique to **pass and stop the ball**, how to **dribble with control**, **tackle** and successfully **shoot**. You will learn the key principles of **defence and attack** and the tactics and strategies needed to perform effectively.

Half term 2

**5. Fitness** By the end of this sport you will understand the **relationship between heart rate and exercise**. You will understand and have performed in **circuit, continuous**, and **spinning** sessions and will also know what a **calorie** is. You will take part in a number of fitness tests and compare your data to national averages. You will have the opportunity to attend **extra curricular fitness club**.



Half term 3

**6. Dance** By the end of this sport you will be able to travelling movements, jumping movements and gestures to take part in and create different dance routines.

Half term 4

**7. Football** By the end of this sport you will be confident in performing skills in isolation, drills and small sided games. The first skill is **passing** we spend time trying to make you comfortable controlling and moving the ball using a variety of techniques. You will learn how to use correct technique to **dribble with control**, trying to take other players on. You will also learn to successfully **shoot**. You will learn the key principles of **defence and attack** and the tactics and strategies needed to perform effectively. You will perform as part of a team and learn a key position on the pitch. You will be given the opportunity to take part in **extra curricular football** and **compete against other schools** competitively.



**8. Badminton**

By the end of this sport you will be confident in performing skills in isolation, drills and against opposition. You will learn how to safely **set up a court**, whilst also developing your knowledge of **court lines**. You will be shown how to play a variety of shots using **correct technique**, such as, **forehand and backhand serve, overhead clear, net shot and drop shot**. Through gameplay you will learn how to use the **space** and strategies to **outwit the opposition**. You will be given the opportunity to take part in **extra curricular badminton**



Half term 5

**9. Athletics** By the end of athletics you will be confident to attempt each **discipline** with **maximum effort**. You will learn how to **pace** the long distance events, how to get an excellent start in sprints and the relay. You will learn the **correct technique** in **jumping and throwing** events. You will compete against others in the class and will be given the opportunity to attend **extra curricular clubs** and **represent the school against other schools**.



Half term 6

**10. Rounders** By the end of this sport you will be confident in performing skills in isolation, drills and against opposition. You will learn how to safely **throw and catch** the ball whilst developing a **range of fielding skills**. You will learn the basic **bowling** technique and be shown how to position yourself as a **batter** to have maximum chance of **hitting the ball**. You will learn how **outwit** your opponent using **tactics** in batting and fielding and will be given the chance to **umpire** the game. You will be given the opportunity to take part in **extra curricular rounders** and **compete against other schools** competitively.



**11. Cricket** By the end of this sport you will be confident in performing skills in isolation, drills and against opposition. You will learn how to safely **throw and catch** the ball whilst developing a **range of fielding skills**. You will learn the basic **bowling** technique and be shown how to **hold the bat** and perform basic **defensive and attacking** shots. You will be given the opportunity to take part in **extra curricular cricket** and **compete against other schools** competitively.

