



1. Rugby By the end of this sport you will be more confident in performing the key skills in drills that increase in pressure and become more game like. You will refine your **passing technique and handling** skills. You will continue to improve your **tackling technique** and develop **rucking**. You will be taught how to use this to your advantage in both **defence** and **attack**. You will have the opportunity to take an **officiating role** within lessons and play full sided games. 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 more confident in performing the key skills in drills that increase in pressure and become more game like. You will develop **responsibility** within the team when **attacking** and **defending**. You will continue to develop passing skills and the importance of using good **footwork**. Creating an **organised attack** and **defence** is a key element of the learning and you will learn the different **positions** and **formations** most commonly used. You will develop advanced **shooting** techniques and be able to take an **officiating** role within the game. You will be given the opportunity to take part in **extra curricular handball** and **compete against other schools** competitively.



7. Football

By the end of this sport you will be more confident in performing the key skills in drills that increase in pressure and become more game like. You will develop skills to **outwit** opponents and use **space** to improve your **passing**. **Dribbling, shooting and tackling** all become refined with an emphasis on performing these skills under **pressure**. You will have further opportunities to **officiate** games and play full sized games. You **tactical** knowledge will improve as more ideas about team play are developed. 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 more confident in performing the key skills in drills that increase in pressure. You will refine your **low serve** and how to counter this by playing an **underarm clear**. You will develop your **tactical** knowledge by discovering when to use a **lob**. You will be able to utilise the **smash** shot to **outwit** your opponent and develop the skills of the **block, net shot** and the **forehand drive**. You will have lots of opportunities to refine your knowledge of the rules and be able to **officiate** your games. You will be given the opportunity to take part in **extra curricular football** and **compete against other schools** competitively.



9. Athletics

By the end of athletics you will be confident to attempt each **discipline** with **maximum effort**. You will learn how to **attack the bend** the longer sprints how to maintain pace sprints and the relay. You will learn the **correct technique** in **jumping** and **throwing** events and further develop your technique by understanding the angle of release. You will compete against others in the class, your score from last year and will be given the opportunity to attend **extra curricular clubs** and **represent the school against other schools**.



Half term 4

6. Fitness

By the end of this sport you will know what a **heart rate zone** is and what kind of exercises target each zone. You will work out using **continuous, fartlek, weight, stretching and HIIT** and understand why we use each one. You will complete a variety of **fitness tests** and have a go at **designing a session**. You will be given the opportunity to take part in **extra curricular fitness**.

Half term 3

5. Hockey

By the end of this sport you will be more confident in performing the key skills in drills that increase in pressure and become more game like. We begin by recapping the safety elements of the sport. We develop **push and hit passing** through drills and gameplay and then move onto more complex **dribbling** drills. **Shooting** drills become more challenging and **tackling** becomes more effective. You will further develop your **defence** and **attacking** play and have the opportunity to **officiate** a small sided game.



Half term 5

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 catch a **high and close ball**. You will learn a **variety of bowling styles** to **outwit** the batter. You will become a more effective fielder by refining the **overarm throwing** technique, the **long barrier, on post technique** and developing the key skills needed to be an effective **backstop**. You will develop the **tactical** knowledge of **changing your position** when batting. You will be given the opportunity to attend **extra curricular clubs** and

Half term 6

Half term 2

4. Netball

By the end of this sport you will be more confident in performing the key skills in drills that increase in pressure and become more game like. You will further develop your **passing** skills to **outwit** opponents. You will further develop your **shooting** skills and the key skill of **rebouncing**. You will be able to replicate and use key **dodges** and **attacking** moves to be efficient in a **team attack**. You will develop the key defensive skills of closing down and getting goal side. You will be given the opportunity to take part in **extra curricular netball** and **compete against other schools** competitively.

3. Dance

By the end of this sport you will understand and be able to replicate dance moves from different cultures. Dances will include Bollywood, the Haka and Samba.



11. Cricket

By the end of this sport you will be confident in performing skills in isolation, drills and against opposition. You will further develop a **range of fielding skills**. You will refine the **bowling** technique and understand **line** and **length** and be shown how to **hold the bat** and perform more advance **defensive** and **attacking** shots. You will be given the opportunity to take part in **extra curricular cricket** and **compete against other schools** competitively.

