



1. Rugby

By the end of this sport you will be confident in performing skills under increased pressure in more complex drills and situations. You will be able to make **good decisions** when **passing** under pressure. Your **technique** will be more efficient and you will know how to **support teammates** involved in a ruck. You will understand and implement the **tactical advantage** of a **lineout** and gain a better understanding of the **positions** of the team. You will be given the chance to perform a **non playing role**. You will be given the opportunity to attend **extra curricular rugby club** and **represent the school against other schools**.

2. Handball

By the end of this sport you will be confident in performing skills under increased pressure in more complex drills and situations. You will become a more efficient **defender** by learning how to correctly **tackle, intercept and block**. You will learn the **tactical advantage** of bringing the goalkeeper into the attack, **attacking set plays** and develop the skills to play as a **goalkeeper**. You will have the opportunity to perform a **non playing role**. You will be given the opportunity to attend **extra curricular handball club** and **represent the school against other schools**.

3. Netball

By the end of this sport you will be confident in performing skills under increased pressure in more complex drills and situations. You will become a more efficient **moving without fouling, turning in the air and running footwork** to be more efficient on court. You will become more knowledgeable and be able to better apply **attacking and defensive principles**. You will be given opportunities to demonstrate your skills and knowledge in larger sized games, becoming more expert in **positions** on the court. You will be given the opportunity to attend **extra curricular netball club** and **represent the school against other schools**.

4. Hockey

By the end of this sport you will be confident in performing skills under increased pressure in more complex drills and situations. You will become a more efficient **dribbling, passing and receiving the ball**. You will become more knowledgeable and be able to better apply **attacking and defensive principles**. You will learn how to read your opponents gameplay to **create strategies** to outwit them. The importance of **set plays** will be discovered and how to complete them. You will be given the opportunity to **coach and officiate** within lessons. You will be given opportunities to demonstrate your skills and knowledge in larger sized games, becoming more expert in **positions** on the pitch.

5. Fitness

By the end of this sport you will be able to **plan, complete and review** a 6 lesson training programme. You will decide upon what you want to achieve and then plan sessions to meet these goals. You will be given the opportunity to attend **extra curricular fitness club**

11. Rounders

By the end of this sport you will be confident in performing skills under increased pressure in more complex drills and situations. You will further practice the key skills so that you become more expert in their application. You will become a better **catcher, fielder, bowler and batter**. You will further understand and apply key **tactics** as a bowling and batting team. You will also be given the opportunity to **score** the game. You will be given the opportunity to attend **extra curricular rounders club** and **represent the school against other schools**.



7. Dance

By the end of this sport you will have developed dance routines based upon Michael Jackson's Thriller, Rosie Kay's soldiers and the Stomp.



6. Football

By the end of this sport you will be confident in performing skills under increased pressure in more complex drills and situations. You will become a more efficient **choosing the correct pass** dependant on the situation and how it can **influence games** by choosing **strategies to emphasise good passing**. You will become more expert in using **tricks and turns to outwit opponents**. **Shooting** will become more expert like and you will be taught how to decide which shot to use dependant upon keeper and defence positioning. You will improve your **leadership, officiating and coaching** skills. You will be given the opportunity to attend **extra curricular football club** and **represent the school against other schools**.

Half term 4

Half term 3

Half term 5

Half term 6

10. Cricket

By the end of this sport you will be confident in performing skills under increased pressure in more complex drills and situations. You will become a more efficient in the skills needed to be a better all round player. You will develop more **advanced shots, advanced bowling technique** and become a better **fielder**. You will understand the importance of **defending the wicket, running hard and key terminology**. You will be given the opportunity to attend **extra curricular cricket club** and **represent the school against other schools**.



PHYSICAL EDUCATION



8. Badminton

By the end of this sport you will be confident in performing skills under increased pressure in more complex drills and situations. You will become a more efficient in **doubles play, understanding its rules and scoring system**. You will be able to play effective **backhand serves, backhand drives, push shots and net play**. You will become more capable of officiating and scoring your own games fairly. You will be given the opportunity to attend **extra curricular badminton club**.



9. Athletics

By the end of athletics you will be confident to attempt each **discipline with maximum effort**. You will learn how to **finish each race** in the shorter sprints how to **utilise energy systems** in the longer runs. You will learn the **correct technique** in **jumping and throwing** events and further develop your technique by understanding the effect rotation and run ups have on throwing distance. 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**.

