



Year 7

Term 1

Football – Control & Long/Short Passing. Tactics & strategies to maintain possession.

Rugby- Improving passing & tackling skills. Developing forward play through Scrums, Rucking, Mauling & Line-outs

Term 2

Fitness –Bleep test as a measure of stamina, cross-country & Interval training circuits

Indoor team sports- Improving passing, shooting & defending in Basketball. Developing 3 touch attacks in Volleyball

Term 3

Striking & Fielding Games- Effective fielding in Cricket, Baseball & rounder's. Batting skills & tactics

Athletics- award scheme in 100m/200m/Long Jump/ Javelin/ Discus/Shot Putt/800m/Relay



Year 8

Term 1

Football – Control & Long/Short Passing. Tactics & strategies to maintain possession.

Rugby- Improving passing & tackling skills. Developing forward play through Scrums, Rucking, Mauling & Line-outs

Term 2

Fitness –Bleep test as a measure of stamina, cross-country & Interval training circuits

Indoor team sports- Improving passing, shooting & defending in Basketball. Developing 3 touch attacks in Volleyball

Term 3

Striking & Fielding Games- Effective fielding in Cricket, Baseball & rounder's. Batting skills & tactics

Athletics- award scheme in 100m/200m/Long Jump/ Javelin/ Discus/Shot Putt/800m/Relay



Year 9

Term 1

Football – Control & Long/Short Passing. Tactics & strategies to maintain possession.

Rugby- Improving passing & tackling skills. Developing forward play through Scrums, Rucking, Mauling & Line-outs

Term 2

Fitness –Bleep test as a measure of stamina, cross-country & Interval training circuits

Indoor team sports- Improving passing, shooting & defending in Basketball. Developing 3 touch attacks in Volleyball

Term 3

Striking & Fielding Games- Effective fielding in Cricket, Baseball & rounder's. Batting skills & tactics

Athletics- award scheme in 100m/200m/Long Jump/ Javelin/ Discus/Shot Putt/800m/Relay