

	Autumn 1 Sept - Oct	Autumn 2 Oct - Dec	Spring 1 Jan - Feb	Spring 2 Feb- April	Summer 1 April - May	Summer 2 June -July
Year 7	Basketball Football	Basketball Football	OAA (Battersea Park)	Athletics	Dance	Striking and Fielding <ul style="list-style-type: none"> <li>Rounders</li> <li>Cricket</li> <li>Swedish LB</li> </ul>
Year 8	Basketball Football	Basketball Football	OAA (Hyde Park)	Athletics	Dance	Striking and Fielding <ul style="list-style-type: none"> <li>Rounders</li> <li>Cricket</li> <li>Softball</li> </ul>
Year 9	Sports Education Football/Basketball (Rotation)	JSLA	JSLA <ul style="list-style-type: none"> <li>Badminton</li> <li>Dodgeball</li> <li>(Rotation)</li> </ul>	Athletics	Bleep Test Striking and Fielding <ul style="list-style-type: none"> <li>Rounders</li> <li>Cricket</li> <li>Softball</li> </ul>	Handball
Year 10	Competition Format			Dodgeball Volleyball Table Tennis	Summer Sports  Rounders Cricket	
	Basketball Football Dodgeball 2 Week Rotation	Basketball Football Dodgeball 2 Week Rotation	Basketball Football Dodgeball 2 Week Rotation			
Year 11	Competition Format			Dodgeball Volleyball Table Tennis		
	Basketball Football	Basketball Football	Basketball Football			

	<b>Dodgeball</b> 2 Week Rotation	<b>Dodgeball</b> 2 Week Rotation	<b>Dodgeball</b> 2 Week Rotation			
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Dodgeball / Swedish Long Ball /Handball / Badminton – Alternative wet-weather options!!

Boys = Red

Girls = Blue

Everyone = Green

# Skills Breakdown

<b>Year 7</b>	<b>Basketball</b>	<b>Football</b>	<b>OAA</b>	<b>Athletics</b>	<b>Striking and Fielding</b>
<b>Week 1</b>	<b>Passing + Rules</b> <ul style="list-style-type: none"> <li>• Bounce Pass</li> <li>• Chest Pass</li> <li>• Javelin Pass</li> <li>• Overhead Pass</li> </ul>	<b>Passing &amp; Control</b> <ul style="list-style-type: none"> <li>• Side-Foot Pass</li>   <li>• Control with instep</li> </ul>	<b>Problem Solving Games</b> <ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Communication</li> <li>• Map Reading Skills</li> </ul>	<b>Running</b> <ul style="list-style-type: none"> <li>• Correct technique</li>   <li>• Sprinting</li> <li>• 100m</li> </ul>	<b>Throwing and Catching</b> <ul style="list-style-type: none"> <li>• Over a short distance</li> <li>• Long Distance</li> <li>• High ball</li> <li>• Underarm</li> <li>• Over-arm</li> </ul>
<b>Week 2</b>	<b>Dribbling + Rules</b> <ul style="list-style-type: none"> <li>• How to dribble</li> <li>• When to Dribble</li> <li>• Correct technique</li> <li>• Travelling</li> <li>• Double Dribble</li> </ul>	<b>Dribbling</b> <ul style="list-style-type: none"> <li>• How to dribble</li> <li>• When to dribble</li> <li>• Correct technique</li> <li>• Low centre of Gravity</li> </ul>	<b>Onsite Orientation Tasks</b>  Playground & Gym  1) Around the World Task 2) Map task of school	<b>Running</b> <ul style="list-style-type: none"> <li>• Relay races</li> <li>• Exchange Zones</li> <li>• Baton</li> <li>• Teamwork</li> <li>• Communication</li> </ul>	<b>Fielding Techniques</b> <ul style="list-style-type: none"> <li>• Long Barrier</li> <li>• Short Barrier</li> </ul>
<b>Week 3</b>	<b>Shooting</b> <ul style="list-style-type: none"> <li>• Set-Shot</li> <li>• Jump Shot</li> </ul>	<b>Shooting</b> <ul style="list-style-type: none"> <li>• Technique</li> <li>• Shooting with Laces</li> <li>• Inside of the Foot Shot</li> <li>• Across Goal</li> </ul>	<b>Offsite</b>  Picture Orienteering Task Group Work Navigational Skills ½ the park	<b>Throwing</b> <ul style="list-style-type: none"> <li>• Shot Putt</li> <li>• Basic Technique</li> <li>• Clean Palm Dirty Neck</li> </ul>	<b>Batting</b> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Grip</li> <li>• Back-lift and step</li> </ul>
<b>Week 4</b>	<b>Defending</b> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Triple Threat</li> </ul>	<b>Defending</b> <ul style="list-style-type: none"> <li>• Side on</li> <li>• Goal Side</li> </ul>	Picture Orienteering Task Group Work Navigational Skills	<b>Throwing</b> <ul style="list-style-type: none"> <li>• Javelin</li> </ul>	<b>Bowling</b> <ul style="list-style-type: none"> <li>• Under-arm</li> </ul>

	Position	<ul style="list-style-type: none"> <li>• How to Jockey</li> </ul>	Other ½ of the park	<ul style="list-style-type: none"> <li>• Technique</li> <li>• Safety</li> <li>• Plastic Javelins</li> </ul>	<ul style="list-style-type: none"> <li>• Over-Arm</li> <li>• Technique</li> </ul>
<b>Week 5</b>	<b>Attacking</b> <ul style="list-style-type: none"> <li>• 2 V 1 Situations</li> <li>• 2 Vs 2 Situations</li> </ul>	<b>Attacking</b> <ul style="list-style-type: none"> <li>• 2 Vs 1 Situations</li> <li>• 3 Vs 4 Situations</li> <li>• Creating Angles</li> <li>• Pass or Shoot</li> <li>• Timing your runs</li> </ul>	Orienteeering in Hyde Park  *only if group have demonstrated quick progression	<b>Jumps</b> <ul style="list-style-type: none"> <li>• High Jump</li> <li>• Technique</li> <li>• Approach</li> <li>• Take-off</li> <li>• Landing</li> <li>• Scissor Kick</li> <li>• Foam Bar</li> </ul>	<b>Cricket/Rounders Circuit</b> <ul style="list-style-type: none"> <li>• Throw and catch</li> <li>• Bowling</li> <li>• Batting</li> <li>• Fielding</li> </ul>
<b>Week 6</b>	<b>Game Play</b>	<b>Game Play</b>	Orienteeering in Hyde Park  *only if group have demonstrated quick progression	<b>Jumps</b> <ul style="list-style-type: none"> <li>• Long Jump</li> <li>• Technique</li> <li>• Approach</li> <li>• Take-off Landing</li> </ul>	<b>Full Size Game or Quick Cricket</b> <ul style="list-style-type: none"> <li>• <b>Rules of matches</b></li> </ul>

<b>Year 8</b>	<b>Basketball</b>	<b>Football</b>	<b>Dance</b>	<b>OAA</b>	<b>Athletics</b>	<b>Striking and Fielding</b>
<b>Week 1</b>	<b>Passing Developed</b> <ul style="list-style-type: none"> <li>• Passing on the move</li> <li>• 3-Man Weave</li> </ul>	<b>Passing Developed</b> <ul style="list-style-type: none"> <li>• Lofted Passes</li> <li>• Control with Thigh and chest</li> </ul>	<i>Provided by Dance Teacher</i>	<b>Orienteering in Hyde Park</b>  Map reading skills Navigational skills Teamwork	<b>Running</b> <ul style="list-style-type: none"> <li>• Longer distance runs</li> <li>• Pacing</li> <li>• Heart rates</li> <li>• Recovery rates</li> </ul>	<b>Throwing and Catching</b> <ul style="list-style-type: none"> <li>• Recap Technique</li> <li>• Over-arm (flat throw)</li> <li>• When to use a particular throw.</li> </ul>
<b>Week 2</b>	<b>Dribbling Developed</b> <ul style="list-style-type: none"> <li>• Crossovers</li> <li>• Turning whilst dribbling</li> <li>• Dribbling into shooting</li> </ul>	<b>Dribbling Developed</b> <ul style="list-style-type: none"> <li>• Variety of turns</li> <li>• Outwitting defenders through dribbling</li> </ul>		Problem Solving	<b>Running</b> <ul style="list-style-type: none"> <li>• Heart Rates</li> <li>• Running bends</li> <li>• Long Distance Relays</li> </ul>	<b>Fielding Techniques</b> <ul style="list-style-type: none"> <li>• Barriers and throw</li> </ul>
<b>Week 3</b>	<b>Shooting Developed</b> <ul style="list-style-type: none"> <li>• Lay-Up</li> <li>• Shooting through the angles</li> <li>• Rebounding</li> </ul>	<b>Shooting Developed</b> <ul style="list-style-type: none"> <li>• Shooting on the move</li> <li>• Volleys</li> <li>• Assessing which shot is suitable for the situation</li> </ul>			<b>Jumps</b> High Jump <ul style="list-style-type: none"> <li>• Flosby Flop</li> <li>• 3 Stages of technique</li> <li>• Bar</li> </ul>	<b>Batting</b> <ul style="list-style-type: none"> <li>• Straight Drive</li> <li>• Forward Defensive</li> </ul>
<b>Week 4</b>	<b>Defending Tactics</b> <ul style="list-style-type: none"> <li>• Half Court Press</li> <li>• Full Court Press</li> <li>• Playing Positions</li> </ul>	<b>Heading</b> <ul style="list-style-type: none"> <li>• Correct technique</li> <li>• Attacking Headers</li> <li>• Defensive Headers</li> </ul>			<b>Jumps</b> Long Jump <ul style="list-style-type: none"> <li>• Technique</li> <li>• Sprint technique</li> <li>• Hanging</li> <li>• Landing in Pike position</li> </ul>	<b>Bowling</b> <ul style="list-style-type: none"> <li>• Over-arm technique only</li> <li>• Introduce spin</li> <li>• Types of bowlers</li> <li>• Side on bowl in</li> </ul>

						<b>Rounders</b>
<b>Week 5</b>	<b>Attacking Tactics</b> <ul style="list-style-type: none"> <li>• Cutting in</li> <li>• Screens</li> <li>• Playing Positions</li> <li>• Point Guard</li> </ul>	<b>Defensive Tactics</b> <ul style="list-style-type: none"> <li>• Show attacker outside</li> <li>• Show attacker onto weaker foot.</li> <li>• When to engage and retreat</li> </ul>			<b>Throwing</b> Discus <ul style="list-style-type: none"> <li>• Technique</li> <li>• Angle of release</li> <li>• Roll of finger</li> </ul>	<ul style="list-style-type: none"> <li>• Pairs Cricket Matches</li> <li>• Yes/No/Wait</li> <li>• Sliding Bat into crease</li> <li>• When to run</li> </ul>
<b>Week 6</b>	<b>Game Play</b> <ul style="list-style-type: none"> <li>• Rules</li> <li>• Positions</li> <li>• Tactics</li> </ul>	<b>Attacking Play</b> <ul style="list-style-type: none"> <li>• How to make the pitch bigger</li> <li>• Using width</li> <li>• Timing runs</li> </ul>			<b>Throwing</b> Javelin <ul style="list-style-type: none"> <li>• Real Javelins</li> <li>• Run Up and release</li> </ul>	<ul style="list-style-type: none"> <li>• Pairs Cricket Matches</li> <li>• Backing up fielders</li> </ul>

<b>Year 9</b>	<b>Sports Education</b>	<b>JSLA</b>	<b>JSLA</b>	<b>Athletics</b>	<b>Striking &amp; Fielding</b>
<b>Week 1</b>	<b>Football</b> (Passing/Shooting/Dribbling) <ul style="list-style-type: none"> <li>• Allocate Roles</li> <li>• Planning a session</li> <li>• Warm-Up</li> <li>• Leading a session</li> <li>• Refereeing</li> </ul>	Skills/Qualities/Values of an effective leader		<b>Running</b> <ul style="list-style-type: none"> <li>• Speed Lesson</li> <li>• Parachutes</li> <li>• Somatotypes</li> </ul>	<b>Cricket</b> <ul style="list-style-type: none"> <li>• Pairs Cricket</li> <li>• Recap Skills</li> <li>• Rules</li> </ul>
<b>Week 2</b>	<b>Football</b> (Passing/Shooting/Dribbling) <ul style="list-style-type: none"> <li>• Allocate Roles</li> <li>• Planning a session</li> <li>• Warm-Up</li> <li>• Leading a session</li> </ul> Refereeing	Roles and Responsibilities of an Official		<b>Running</b> <ul style="list-style-type: none"> <li>• Hurdles</li> <li>• Speed</li> <li>• Somatotypes</li> </ul>	<b>Cricket</b> <ul style="list-style-type: none"> <li>• Pairs Cricket</li> <li>• Tactical Awareness</li> <li>• Umpiring</li> </ul>
<b>Week 3</b>	<b>Basketball</b> (Passing/Shooting/Dribbling) <ul style="list-style-type: none"> <li>• Allocate Roles</li> <li>• Planning a session</li> <li>• Warm-Up</li> <li>• Leading a session</li> <li>• Refereeing</li> </ul>	Concept of "Fair Play"	Verbal and Non-verbal Communication	<b>Throwing</b> <ul style="list-style-type: none"> <li>• Circuit of 3 throws (Discus/Javelin/Shot)</li> </ul>	<b>Pairs Cricket</b> <ul style="list-style-type: none"> <li>• Selecting where to position fielders</li> </ul>
<b>Week 4</b>	<b>Basketball</b> (Passing/Shooting/Dribbling) <ul style="list-style-type: none"> <li>• Allocate Roles</li> <li>• Planning a session</li> <li>• Warm-Up</li> <li>• Leading a session</li> </ul>	Allocate facilities + equipment  Lead activity to peers	Lead activities that promote a healthy lifestyle	<b>Throwing</b> <ul style="list-style-type: none"> <li>• Link throws to Power</li> <li>• Somatotype</li> </ul>	<b>Pairs Cricket</b> <ul style="list-style-type: none"> <li>• Batsman deciding to play forward or back depending</li> </ul>

	<ul style="list-style-type: none"> <li>• Refereeing</li> </ul>				on position of delivery.
<b>Week 5</b>	<b>Handball</b> (Passing/Shooting/Dribbling) <ul style="list-style-type: none"> <li>• Allocate Roles</li> <li>• Planning a session</li> <li>• Warm-Up</li> <li>• Leading a session</li> <li>• Refereeing</li> </ul>	Lead to Primary Schools	Lead to Primary Schools	<b>Jumps</b> <ul style="list-style-type: none"> <li>• Long Jump develops into Triple Jump.</li> <li>• Somatotypes</li> </ul>	
<b>Week 6</b>	<b>Handball</b> (Passing/Shooting/Dribbling) <ul style="list-style-type: none"> <li>• Allocate Roles</li> <li>• Planning a session</li> <li>• Warm-Up</li> <li>• Leading a session</li> <li>• Refereeing</li> </ul>	Lead to Primary Schools	Complete Paperwork	<b>Jumps</b> <ul style="list-style-type: none"> <li>• High Jump</li> <li>• Somatotypes</li> <li>• Flosby Flop only</li> </ul>	

***KS4** – The focus is on leading a healthy active lifestyle, participating in as much sport as possible and leading and officiating their own activities.*