



Curriculum

Outline of Content

Year 7



Assessment

Autumn Term

Netball - 3 lessons

Passing, Footwork, Shooting, Defending, Tactical Awareness

Football - 3 lessons

Passing, Dribbling, Shooting, Tackling, Tactical Awareness

Rugby - 3 lessons

Passing, Kicking, Tackling, Tactical Awareness

Basketball - 3 lessons

Passing, Footwork, Shooting, Defending, Tactical Awareness

Spring Term

Fitness - 3 lessons

Methods of Training, Fitness testing

Gymnastics - 3 lessons

Floor routine - Jump, Turn, Travel, gesture, Stillness

Handball - 3 lessons

Passing, Dribbling, Shooting, Defending, Tactical Awareness

Badminton - 3 lessons

Service, Overhead + Underhand Clear, Drop Shot, Smash, Tactical Awareness

Summer Term

Tennis - 3 lessons

Forehand, Backhand, Service, Volley, Teactical awareness

Cricket - 3 lessons

Batting, Bowling, Fielding, Throwing and Catching, Tactical Awareness

Rounders - 3 lessons

Batting, Bowling, Fielding, Throwing and Catching, Tactical Awareness

Athletics - 3 lessons

Running - Short and Long Distance, Jumps, Throws

Autumn Term

- Individual activity grades
- 25% from each activity goes towards overall termly grade

Spring Term

- Individual activity grades
- 12.5% from each activity goes towards overall termly grade

Summer Term

- Individual activity grades
- 8.3% from each activity goes towards overall termly grade

End of Year Grade

- Each activity will be worth 8.3% of final end of year grade.