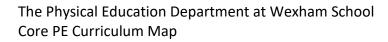




Term	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1, Autumn 2,	Activities taught on rotation:	Activities taught on rotation:	Activities taught on rotation:	Activities taught on rotation:	Activities taught on rotation:
Spring 1, Spring 2	Handball, Hockey, Football, Touch Rugby, Badminton, Health & Fitness, Orienteering, Dance	Basketball, Handball, Hockey, Football, Touch Rugby, Health & Fitness, Orienteering, Dance	Basketball, Handball, Hockey, Football, Touch Rugby, Fitness Training, Orienteering, Dance	Basketball, Handball, Football, Badminton, Dodgeball, Touch Rugby, Fitness Training	Basketball, Handball, Football, Badminton, Dodgeball, Fitness Training
	PHYSCIAL ME: Activity specific techniques	PHYSICAL ME: Activity specific techniques	PHYSICAL ME: Activity specific techniques	PHYSICAL ME: Activity specific techniques	PHYSICAL ME: Activity specific techniques
	THINKING ME:	THINKING ME:	THINKING ME:	THINKING ME:	THINKING ME:
	Rules and tactics	Rules and tactics	Rules and tactics	Rules and tactics	Rules and tactics
	Fitness testing methods	Methods of fitness training	Principles of fitness training	Fitness training programmes	Fitness training programmes
	Decision making	Observation & analysis of performance	Planning activity drills	Self-reflection	Self-reflection
	SOCIAL ME:		SOCIAL ME:	SOCIAL ME:	SOCIAL ME:
	Effective communication	SOCIAL ME:	Effective teamwork	Respect	Employability skills
	Conflict resolution	Fair play and integrity Empathy	Leadership	Positive relationships	Supporting others
	MINDSET ME:	, ,	MINDSET ME:	MINDSET ME:	MINDSET ME:
	Commitment to practice and	MINDSET ME:	Self-management	Intrinsic & extrinsic motivation	Stress
	try new activities	Positive attitudes	Personal responsibility	Work ethic	Mental health & physical
	Building confidence	Adaptability and persistence		Personal best	activity





Activities taught on rotation: Athletics, Cricket, Rounders, Softball, Tennis	Activities taught on rotation: Athletics, Cricket, Rounders, Softball, Tennis	Activities taught on rotation: Athletics, Cricket, Rounders, Softball, Tennis	Activities taught on rotation: Athletics, Cricket, Rounders, Softball, Tennis	
PHYSCIAL ME: Activity specific techniques	PHYSICAL ME: Activity specific techniques	PHYSICAL ME: Activity specific techniques	PHYSICAL ME: Activity specific techniques	
THINKING ME:	THINKING ME:	THINKING ME:	THINKING ME:	
Rules and tactics	Rules and tactics	Rules and tactics	Rules and tactics	
Decision making	Observation & analysis of performance	Planning activity drills	Self-reflection	
SOCIAL ME:		SOCIAL ME:	SOCIAL ME:	
Effective communication	SOCIAL ME:	Effective teamwork	Respect	
Conflict resolution	Fair play and integrity Empathy	Leadership	Positive relationships	
MINDSET ME:		MINDSET ME:	MINDSET ME:	
Commitment to practice and	MINDSET ME:	Self-management	Intrinsic & extrinsic motivation	
try new activities	Positive attitudes	Personal responsibility	Work ethic	
Building confidence	Adaptability and persistence		Personal best	
	Athletics, Cricket, Rounders, Softball, Tennis PHYSCIAL ME: Activity specific techniques THINKING ME: Rules and tactics Decision making SOCIAL ME: Effective communication Conflict resolution MINDSET ME: Commitment to practice and	Athletics, Cricket, Rounders, Softball, Tennis PHYSCIAL ME: Activity specific techniques THINKING ME: Rules and tactics Decision making SOCIAL ME: Effective communication Conflict resolution MINDSET ME: Commitment to practice and try new activities Athletics, Cricket, Rounders, Softball, Tennis PHYSICAL ME: Activity specific techniques THINKING ME: Rules and tactics Observation & analysis of performance SOCIAL ME: Fair play and integrity Empathy MINDSET ME: Positive attitudes	Athletics, Cricket, Rounders, Softball, Tennis Athletics, Cricket, Rounders, Softball, Tennis PHYSCIAL ME: Activity specific techniques THINKING ME: Rules and tactics Decision making THINKING ME: Effective communication Conflict resolution MINDSET ME: Commitment to practice and try new activities Athletics, Cricket, Rounders, Softball, Tennis PHYSICAL ME: Activity specific techniques THINKING ME: Rules and tactics PHYSICAL ME: Activity specific techniques THINKING ME: Rules and tactics Planning activity drills SOCIAL ME: Effective cammunication Effective teamwork Leadership MINDSET ME: Self-management Personal responsibility	Athletics, Cricket, Rounders, Softball, Tennis Athletics, Cricket, Rounders, Softball, Tennis