

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Taster Sessions	Rotating	Rotating	Rotating	Rotating	Rotating
Transition exercises Touch Rugby Football Badminton Netball Tennis Gymnastics/dance Athletics Hockey Cricket Tennis Softball Rounders	Hockey Skills: Attacking, defending, passing and possession, shooting, using space, travelling e.g. Indian dribble, control/receiving. Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation. OAA Skills: Teamwork, communication, leadership, problem solving, map reading. Dance Skills: Poise, flexibility, motif, creativity Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move.	OAA Skills: Teamwork, communication, leadership, problem solving, map reading. Dance Skills: Poise, flexibility, motif, creativity Hockey Skills: Attacking, defending, passing and possession, shooting, using space, travelling e.g. Indian dribble, control/receiving. Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture.	Dance Skills: Poise, flexibility, motif, creativity. Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control. OAA Skills: Teamwork, communication, leadership, problem solving, map reading. Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture. Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.	Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting. Dance Skills: Poise, flexibility, motif, creativity. Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy. Rounder's Skills: Batting, bowling, fielding, catching, throwing, strategy.	Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents. Dance Skills: Poise, flexibility, motif, creativity. Rounders Skills: Batting, bowling, fielding, catching, throwing, strategy. Softball Skills: Batting, bowling, fielding, catching, throwing, strategy. Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy. Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting SMSC and British Values: Teamwork, Leadership,

<p>SMSC and British Values: Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture.</p> <p>Rugby Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>SMSC and British Values: Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p>Sportsmanship, Creativity and Ethics.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>
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Enrichment/Extra Curriculum:

- *Interschool matches and competitions. Develop their technique and improve their performance in other competitive sports.*
- *Perform dances using advanced dance techniques within a range of dance styles and forms.*
- *Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.*
- *Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.*
- *Take part in competitive sports and activities outside school through community links or sports clubs.*

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<p>Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move.</p> <p>Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Dance Skills: Poise, flexibility, motif, creativity</p> <p>Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing.</p> <p>Hockey Skills: Attacking, defending, passing and possession, shooting, using space, travelling e.g. Indian dribble, control/receiving.</p>	<p>Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p> <p>OAA Skills: Teamwork, communication, leadership, problem solving, map reading.</p> <p>Dance Skills: Poise, flexibility, motif, creativity.</p> <p>Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing.</p> <p>Table Tennis Skills: Forehand, backhand, the serve,</p>	<p>OAA Skills: Teamwork, communication, leadership, problem solving, map reading.</p> <p>Dance Skills: Poise, flexibility, motif, creativity</p> <p>Hockey Skills: Attacking, defending, passing and possession, shooting, using space, travelling e.g. Indian dribble, control/receiving.</p> <p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture.</p> <p>Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p>	<p>Table Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Dance Skills: Poise, flexibility, motif, creativity.</p> <p>Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture.</p> <p>Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing.</p>	<p>Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting.</p> <p>Dance Skills: Poise, flexibility, motif, creativity.</p> <p>Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Rounders Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Trampolining: Skills: Basic core skills, straddle, pike, tuck, seat drop, back drop, front drop.</p>	<p>Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Dance Skills: Poise, flexibility, motif, creativity.</p> <p>Rounders Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Softball Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting</p> <p>SMSC and British Values: Teamwork, Leadership,</p>

<p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture.</p> <p>Touch Rugby Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p> <p>SMSC and British Values: Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p>exploiting weaknesses, space, outwitting opponents.</p> <p>Trampolining: Skills: Basic core skills, straddle, pike, tuck, seat drop, back drop, front drop.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>Table Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>Trampolining: Skills: Basic core skills, straddle, pike, tuck, seat drop, back drop, front drop.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Touch Rugby Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Sportsmanship, Creativity and Ethics.</p> <p>Touch Rugby Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>
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