



Topic Name	Term	Skills Developed	Link to NC Subject Content	Next link in curriculum	Other Notes
Netball	<i>Autumn/Spring</i>	<ul style="list-style-type: none"> • Footwork and pivoting • Passing • Catching • Attacking skills • Defending skills • Shooting • Basic game-play • Basic rules/officiating 	<ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through netball 	<ul style="list-style-type: none"> • Y8 – More advanced skills and game-play • Improving on previous techniques from Y7. 	
Gymnastics	<i>Autumn/Spring</i>	<ul style="list-style-type: none"> • Developing the theme of travel – rolls, jumps, leaps, other gymnastic agilities • Use of apparatus • Sequence development 	<ul style="list-style-type: none"> • Develop their technique and improve their performance in gymnastics 	<ul style="list-style-type: none"> • Y8 – Skills related to the theme of balance (Sports Acrobatic gymnastics) 	
Dance	<i>Autumn/Spring</i>	<ul style="list-style-type: none"> • Cultural dance (Bollywood – Indian dance) • Development of key dance concepts, techniques and dynamics (e.g. rhythm, use of space, pathways, musicality, formations etc) 	<ul style="list-style-type: none"> • Perform dances using advanced dance techniques within a range of dance styles and forms 	<ul style="list-style-type: none"> • Y8 – Cheerleading dance 	
Hockey	<i>Autumn/Spring</i>	<ul style="list-style-type: none"> • Types of passes – push and slap • Dribbling open stick, changing direction • Stopping the ball open stick • Reverse stick to change direction • Basic rules/officiating 	<ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition hockey 	<ul style="list-style-type: none"> • Y8 - More advanced skills and game-play • Improving on previous techniques from Y7. 	Very few students have played hockey at KS2



		<ul style="list-style-type: none"> • Block tackling • Basic game-play (small sided games) 			
Fitness/Exercise activities	Autumn/Spring	<ul style="list-style-type: none"> • Circuit training • Continuous training • Exercise to music • Running challenges • Yoga/Pilates 	<ul style="list-style-type: none"> • Are physically active for sustained periods of time • Lead healthy, active lives 	<ul style="list-style-type: none"> • Y8 – continued fitness related activities 	Students are informed about the importance of leading an active and healthy lifestyle
Athletics	Summer	<ul style="list-style-type: none"> • Sprinting • Throws (discus, shot putt) • Middle distance events (800m) • Relays • Jumps (high jump and long jump) 	<ul style="list-style-type: none"> • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best in athletics 	<ul style="list-style-type: none"> • Y8 – improving on previous techniques and performances in the events • Develop knowledge of basic rules of the events and basic officiating 	
Rounders/Quick Cricket	Summer	<ul style="list-style-type: none"> • Throwing (long and short distance) • Batting • Bowling • Catching • Long barrier • Basic rules • Basic game-play 	<ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through rounders 	<ul style="list-style-type: none"> • Y8 – More advanced skills and game-play • Improving on previous techniques from Y7. 	



Tennis	Summer	<ul style="list-style-type: none">● Groundstrokes – forehand and backhand● Rally development● Serving● Volleying● Scoring● Basic rules and officiating● Modified games	<ul style="list-style-type: none">● Use a range of tactics and strategies to overcome opponents in direct competition through tennis	<ul style="list-style-type: none">● Y8 – More advanced skills and game-play● Improving on previous techniques from Y7.	
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