

Sport	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 7</b>	Baseline testing Football Badminton Winning and Losing Components of Fitness Joints, muscles and bones	Tag Rugby Sport Education Components of Fitness Cardio-vascular system Respiratory System	Fitness Effects of exercise on body systems Trampolining Components of fitness	Basketball Gymnastics Dodgeball Handball Components of fitness	Athletics and Field events Components of fitness Effective performance-evaluating	Rounders Cricket Tennis Softball Components of fitness Recap on Components of fitness
<b>Year 8</b>	Tag Rugby Football Futsal Badminton Ligaments and tendons Analysis and evaluation of performance	Handball Basketball Dodgeball Agonist and antagonist	Fitness Gymnastics Trampolining Muscle types and fibre types	Handball Rugby Gymnastics Basketball Classification of bones	Athletics Function of the skeletal systems	Tennis Quick Cricket Rounders Different joints and their different movements
<b>Year 9</b>	Rugby Football Futsal Functions and components of the cardio vascular system	Handball Table tennis Basketball Dance Blood vessels	Fitness Basketball Table tennis Long term and short term effects of exercise on this cardio-vascular system and their benefit on sports performance	Badminton Handball Basketball Long term and short term effects of on exercise Functions of the respiratory system	Athletics Long term and short term effects of on exercise on the respiratory system and their benefits on sports performance	Tennis Cricket Softball Rounders Ultimate Frisbee Lung volume Impact of exercise on lung volumes.

<b>Year 10</b>	Football Fitness Trampolining Athletics Lifestyle Diet	Table Tennis Badminton Fitness Participation in Physical Activity Commercialisation and media Performance Enhancing Drugs	Football Basketball Location and roles of key voluntary muscles The skeletal system	Resistance bands Yoga Pilates Muscles and fibres Effects of training Injuries and Treatment	Athletics Football Fitness Methods of training Goal setting Principles of training Planning a training session	Athletics Football Fitness PEP's Planning, leading and evaluating a training session
<b>Year 11 Sp</b>	The structure and function of the skeletal system The structure and function of the muscular system Movement analysis Cardiovascular and respiratory system	Effects of exercise on the body systems Physical training Components of fitness Applying the principles of training Preventing injury	Engagement patterns of different social groups Commercialisati on Ethical and socio- cultural issues Sport Psychology Health Fitness and wellbeing.	Content for non- exam assessment : Analysing and evaluating performance	Exam revision	Examinations