

PROGRAMME KS3										
YEAR 7	AUTUMN HALF-TERM		CHRISTMAS HOLIDAYS		SPRING HALF-TERM		EASTER HOLIDAYS		SUMMER HALF-TERM	
Sept-Oct		Nov-Dec		Jan-Feb		Feb-March		April-May		June-July
Dance/Gym Netball (G) Rugby (B)		Gym/Dance Hockey (G) Football (B)		Dance/Gym Netball (G) Rugby (B)		Gym/Dance Hockey (G) Football (B)		Athletics Tennis (G) Cricket (B)		Athletics Tennis (B) Rounders (G)
Baseline Tests				Theory Examination						Theory Examination
YEAR 8										
Dance/Gym Hockey/Netball Rugby/Football	Dance/Gym Hockey/Netball Football/Rugby	Basketball Netball/Hockey Rugby/Football	Basketball Hockey/Netball Football/Rugby	Athletics Tennis/Rounders Cricket/Softball	Athletics Rounders/Tennis Cricket/Softball					
Baseline Tests		Theory Examination			Theory Examination					
YEAR 9										
Trampolining Netball/Hockey (G) Rugby/Football (B)	Volleyball/Badminton Hockey/Netball (G) Football/Rugby (B)	Badminton/Volleyball Netball/Hockey (G) Rugby/Football (B)	Basketball Hockey/Netball (G) Football/Rugby (B)	Athletics Tennis/Rounders (G) Cricket/Softball (B)	Athletics Rounders/Tennis (G) Softball/Cricket (B)					
Baseline Tests	Theory Examination									
Assessment - Each Sport out of 10 marks (5 Skills) (5 Gameplay) Theory - Mark out of 30								Endurance Running will form part of the curriculum		

Theory Year 7

General Safety
Good Practice
Names of muscles and bones/heart rate
Health/Fitness

Theory Year 8

Components of fitness/muscles
Tactics and strategies

Theory Year 9

Training methods and application in sport
Techniques covered