



Year 7

Fitness

KPI's 1 and 7
Fitness Testing
Perform tests
Identify personal fitness levels

Netball

KPI's 1, 2, 3 and 7
KPI's 4, 5 and 6
Movement, passing, receiving
Outwitting and ball handling
Shooting
Attacking play/dodging
Defending/positional awareness
Outwitting in competitive game

KEY PERFORMANCE INDICATORS

Fit To Perform 1-2-3

Fit To Lead 4-5-6

Fit For Life 7-8-9

Dance

KPI's 1, 2, 3 and 7.
Dance intro and timing development
Use of formations/levels
Use of canon
Development of formations/body language
Celebrations/gestures
Refining performance

Badminton

KPI's 1, 2, 3 and 7.
Grip and Ready Position
Basic underarm serve and lines
Intro underarm clear
Intro overhead clear
Intro drop shot
Outwitting in competitive games

Fitness

KPI 1, 7, 8 and 9
Heart rate and step test
Sustained Running (Cooper Test)
Skill Related Fitness
Health Related Fitness
Basic Circuits
Sport Specific Circuits

Athletics

KPI's 1, 2, 3 and 7
Introduce running style 100m/200m/400m
Pace running 800m
Jumping – Long
Throwing – Shot Putt
Throwing – Javelin
Hurdles

Striking & Fielding

KPI's 1, 2, 3, 4, 5 and 6
Ball Familiarisation
Fielding
Bowling
Batting
Game situations/strategies
Outwitting opponents in competitive games



Year 8

Fitness

KPI's 1 and 7
Fitness Testing
Correct procedures
Components of fitness
Awareness of personal fitness
levels against norms

Netball

KPI's 1, 2, 3 and 7
KPI's 4, 5 and 6
Recap passing skills/rules
Timing of pass/support play
Attacking play
Shooting
Marking/defending
Outwitting opponents

KEY PERFORMANCE INDICATORS

Fit To Perform 1-2-3

Fit To Lead 4-5-6

Fit For Life 7-8-9

Badminton

KPI's 1, 2, 3 and 7.
Ready position
The clear
Smash shot & preparation
Disguised shots (drop/flick)
Doubles/Singles Play
Outwitting opponents in
competitive situation

Dance

KPI's 1, 2, 3 and 7.
Olympic introduction
The Olympic rings
Transition between sections
Know the music
Finale section
Final performance

Orienteering

KPI's 1, 7, 8 and 9
Understanding a OAA Map
Star Exercises
Linear Journey – Cone Activities
Linear Journey – Loop Course
Score Course
Competitive Linear Course

Athletics

KPI's 1, 2, 3 and 7
Sprinting Technique
Middle Distance – 800m
Jumping – High
Throwing development – Shot
Throwing development – Javelin
Relay

Striking & Fielding

KPI's 1, 2, 3, 4, 5 and 6
Fielding skills
Bowling development
Batting development
Positional roles
Tactics/strategies to outwit



Year 9

Fitness

- KPI's 1 and 7
- Fitness Testing
- Correct procedures
- Components of fitness
- Linking tests to components
- Awareness of personal fitness levels against norms

Netball

- KPI's 1, 2, 3 and 7
- KPI's 4, 5 and 6
- Recap fundamentals
- Use of space/court linkage
- Attacking principles
- Defending principles
- Tactics-Centre pass/within circle
- Game play

KEY PERFORMANCE INDICATORS

Fit To Perform 1-2-3

Fit To Lead 4-5-6

Fit For Life 7-8-9

Badminton

- KPI's 1, 2, 3 and 7.
- Movement and forehand rallying
- Overhead clear
- Smash/jump shot
- Drop shot (under/over arm)
- Doubles and singles tactics
- Outwitting opposition

Dance

- KPI's 1, 2, 3 and 7.
- Dance intro
- Development of set choreography
- Pair sequence
- Group sequence
- Rehearsal
- The performance

Fitness

- KPI 1, 7, 8 and 9
- Fitness Testing
- Interval Training
- Fartlek Training
- Resistance Training
- Circuit Training
- Group designed circuits

Athletics

- KPI's 1, 2, 3 and 7
- Sprinting Technique Development
- Middle Distance Development – 800m
- Jumping – Triple and High
- Throwing development – Shot
- Throwing development – Javelin
- Relay

Striking & Fielding

- KPI's 1, 2, 3, 4, 5 and 6
- Throwing/catching/fielding
- Bowling development
- Batting development
- Fielding roles/outwit opponents
- Evaluation of tactics/peer assessment
- Game play