

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Character and Leadership

- ✓ Resilient when set a challenge
- ✓ Take 1 part of a warm up
- ✓ Lead a small group (4-6)
- ✓ Help with equipment
- ✓ Show that you want to achieve

Term 1-2 SSPAN Competitions

Netball
Basketball
Football
Rugby
Indoor Athletics

Invasion Games, Striking and Fielding and Net Game

- ✓ Show application of core skills
- ✓ Application of tactics
- ✓ Application of simple rules
- ✓ Demo what you have learnt in drills

Basketball
Netball
Touch Rugby



How do I record fitness data?

Inter form Cross Country Competition

Inter form Dodgeball Competition

Why does our body change due to exercise?



Year 7-9 Sports Day



Term 2-3 SSPAN Competitions

County Stages of Football, Basketball and Netball
Athletics
Rounders
Softball

Health and Fitness

- ✓ Exercise at 50-60% of MHR
- ✓ Excel in 1 fitness component
- ✓ Encourage and motivate others
- ✓ Record fitness data

Why and how do we warm up?

Character and Leadership

- ✓ Persistent in the face of failure
- ✓ Lead 2 parts of a warm up
- ✓ Lead larger groups of 8+
- ✓ You show you want others to achieve

Invasion Games, Striking and Fielding and Net Game

- ✓ Apply team strategies in competitive situations
- ✓ Show a good awareness of the rules
- ✓ Show what you have learnt in the

Inter Form Athletics competition

Health and Fitness

- ✓ Work at 60% or above of your MHR for a sustained period of time
- ✓ Excel in 2 components

Inter form Cross Country Competition

Inter form Dodgeball Competition

Leadership and Team Building
Badminton



Promotion of Sport Studies and Sport Leadership Opportunities



Football
Basketball
Netball

1. Developing leadership skills
2. Plan, assist in leading and review a sport/physical activity session



1. Building leadership skills
2. Plan, lead and evaluate sport/physical activity sessions
3. Assist in planning and leading a sports/physical activity event

Tackle complex and demanding physical activities. A range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Fitness
Table Tennis

Volleyball
Fitness

Athletics

Softball
Rounders
Cricket

Autumn/ Winter Programme of Invasion Games, Fitness and Net Games

Cross Country

Inter Form Athletics competition

Year 7-9 Sports Day



Emphasis in Year 9-11 on developing skills and tactics in competitive scenarios



Year 5 and 6 Sports Festival
Sports Leaders

Year 7-9 Sports Day

Winter/ Spring Programme of Invasion Games, Fitness and Net Games

Inter form Cross Country Competition

Winter/ Spring Programme of Invasion Games, Fitness and Net Games

Year 3 and 4 Sports Festival
Sports Leaders

Sports Day Leadership of Activities



Year 1 and 2 Sports Festival
Sports Leaders

Summer programme of Athletics and Striking and Fielding

CAREERS IN SPORT

Opportunities at Level 3 and beyond in Sport



Summer programme of Striking and Fielding, invasion games and net sports

Autumn/ Winter Programme of Invasion Games, Fitness and Net Games

Winter/ Spring Programme of Invasion Games, Fitness and Net Games

LIFE LONG SPORTS

