

**Year 7 Programme of Study 2021-22**

	LESSONS	ASPIRE	ACHIEVE	ACTIVE	ASSESSMENT	
<b>FT</b>	<b>3</b>	<b>Baseline Testing</b>	<b>Baseline Testing</b>	<b>Baseline Testing</b>		
1	6	Benchball/Dodgeball/Danish Longball	Danish Longball/Benchball/Dodgeball	Dodgeball/Danish Longball/Benchball	HANDS	HEAD
2	8	Netball	Football	Volleyball	HANDS	HEART
3	8	Volleyball	Rugby Union (Contact)	Netball	HANDS	HEAD
<b>IA</b>	<b>2</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>		
<b>HC</b>	<b>2</b>	<b>House Competitions</b>	<b>House Competitions</b>	<b>House Competitions</b>		
4	8	Gymnastics (Floor Sequencing & Apparatus) & Healthy Active Lifestyles	Dance (Country/Stomp)	Rugby Union (Contact)	HANDS	HEART
5	6	Rugby Union (Contact)	Volleyball	Dance (Country/Stomp)	HANDS	HEAD
6	8	Football	Healthy Active Lifestyles	Gymnastics (Floor Sequencing & Apparatus) & Healthy Active Lifestyles	HANDS	HEART
7	6	Dance (Country/Stomp)	Gymnastics (Floor Sequencing & Apparatus)	Football	HANDS	HEAD
<b>HC</b>	<b>2</b>	<b>House Competitions</b>	<b>House Competitions</b>	<b>House Competitions</b>		
8	8	Athletics	Tennis	Athletics	HANDS	HEART
9	8	Rounders/Cricket	Athletics	Tennis	HANDS	HEAD
10	6	Tennis	Rounders/Cricket	Rounders/Cricket	HANDS	HEART

**Year 8 Programme of Study 2021-22**

	LESSONS	ASPIRE	ACHIEVE	ACTIVE	ASSESSMENT	
<b>FT</b>	<b>3</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>		
1	6	Benchball/Dodgeball/Danish Longball	Danish Longball/Benchball/Dodgeball	Dodgeball/Danish Longball/Benchball	HANDS	HEAD
2	8	Netball	Football	Volleyball	HANDS	HEART
3	8	Volleyball	Rugby Union (Contact)	Netball	HANDS	HEAD
<b>IA</b>	<b>2</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>		
<b>HC</b>	<b>2</b>	<b>House Competitions</b>	<b>House Competitions</b>	<b>House Competitions</b>		
4	8	Gymnastics (Flight/Vaulting) & Healthy Active Lifestyles	Orienteering/Cycling/Walking	Rugby Union (Contact)	HANDS	HEART
5	6	Rugby Union (Contact)	Volleyball	Dance (Charleston)	HANDS	HEAD
6	8	Football	Healthy Active Lifestyles	Gymnastics (Flight/Vaulting) & Healthy Active Lifestyles	HANDS	HEART
7	6	Dance (Charleston)	Gymnastics (Flight/Vaulting)	Football	HANDS	HEAD
<b>HC</b>	<b>2</b>	<b>House Competitions</b>	<b>House Competitions</b>	<b>House Competitions</b>		
8	8	Athletics	Tennis	Athletics	HANDS	HEART
9	8	Rounders/Cricket	Athletics	Tennis	HANDS	HEAD
10	8	Tennis	Rounders/Cricket	Rounders/Cricket	HANDS	HEART

**Year 9 Programme of Study 2021-22**

	LESSONS	ASPIRE	ACHIEVE	ACTIVE	ASSESSMENT	
<b>FT</b>	<b>3</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>		
1	6	Benchball/Dodgeball/Danish Longball	Dodgeball/Danish Longball/Benchball	Danish Longball/Benchball/Dodgeball	HANDS	HEAD
2	8	Netball	Football	Volleyball	HANDS	HEART
3	8	Volleyball	Rugby Union (Contact)	Netball	HANDS	HEAD
<b>IA</b>	<b>2</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>		
<b>HC</b>	<b>2</b>	<b>House Competitions</b>	<b>House Competitions</b>	<b>House Competitions</b>		
4	8	Gymnastics (Trampoline) & Healthy Active Lifestyles	Orienteering/Cycling/Walking	Rugby Union (Contact)	HANDS	HEART
5	6	Rugby Union (Contact)	Volleyball	Dance (Pop Bands)	HANDS	HEAD
6	8	Football	Healthy Active Lifestyles	Gymnastics (Trampoline) & Healthy Active Lifestyles	HANDS	HEART
7	6	Dance (Pop Bands)	Gymnastics (Trampoline)	Football	HANDS	HEAD
<b>HC</b>	<b>2</b>	<b>House Competitions</b>	<b>House Competitions</b>	<b>House Competitions</b>		
8	8	Athletics	Tennis	Athletics	HANDS	HEART
9	8	Rounders/Cricket	Athletics	Tennis	HANDS	HEAD
10	8	Tennis	Rounders/Cricket	Rounders/Cricket	HANDS	HEART

	LESSONS	START DATE		LESSONS	START DATE
<b>FT</b>	<b>3</b>	09/09/21	5	6	31/01/22
1	6	13/09/21	6	8	28/02/22
2	8	04/10/21	7	6	28/03/22
3	8	08/11/21	<b>HC</b>	<b>2</b>	04/04/22
<b>IA</b>	<b>2</b>	06/12/21	8	8	16/05/22
<b>HC</b>	<b>2</b>	13/12/21	9	8	20/06/22
4	8	06/01/22	10	8	18/07/22

## Theory Topics

UNIT	CHAPTER NUMBER	THEORY TOPIC
Unit 1	3.3	Fitness testing
Unit 2	6.1 6.2 6.3	Physical, emotional and social health and well-being, and fitness The consequences of a sedentary lifestyle Somatotypes
Unit 3		
Unit 4	6.4 6.5 6.6	Energy use A balanced diet Maintaining water balance
Unit 5	1.1 1.2 1.3	The structure and functions of the skeletal system The structure and function of the muscular system The structure and function of the cardio-respiratory system
Unit 6		
Unit 7	2.1 2.2 2.3	Types of levers Basic movements Planes of movement and axes of rotation
Unit 8	1.4 1.5	Aerobic and anaerobic exercise The effects of exercise
Unit 9	3.1 3.2 3.15	Health and fitness The components of fitness The principles of training
Unit 10	3.3	Fitness testing
Unit 11	3.16 3.17 3.18	Training thresholds Types of training Preventing injury
Unit 12	3.19 3.20 4.1	Training seasons Warming up and cooling down Skill and ability
Unit 13	4.2 4.3 4.4	Goals and targets Information processing Guidance and feedback on performance