



	Block 1-3 (Sep-Dec)	Block 4-6 (Dec-Mar)	Block 7-9 (Mar-Jul)
7	<p>Football: Covering core skills such as dribbling, passing and shooting.</p> <p>Basketball: Covering core skills such as passing, dribbling, shooting and rules.</p> <p>HRF: Covering fitness testing, circuits and components of fitness.</p>	<p>Handball: Covering core skills such as throwing, receiving, dribbling and shooting.</p> <p>Badminton: Covering core shots, rules and outwitting your opponent.</p> <p>Gaelic Football: Covering core skills such as soloing, passing and scoring.</p>	<p>Alternative & Disability Sports: Covering a wide range of different alternative and disability sports such as blind football, boccia and sit-down volleyball.</p> <p>Cricket: Covering core skills such as throwing, catching, long barrier, bowling and batting.</p> <p>Tennis: Covering core shots such as Forehand, Backhand and the Serve.</p>
8	<p>Football: Developing key skills learnt in Year 7 while also covering more complex attacking and defensive strategies.</p> <p>Basketball: Developing skills learnt in Year 7 while also covering BEEF, jump shot, and layup.</p> <p>HRF: Developing knowledge learnt in Year 7 while deepening the understanding of key terminology.</p>	<p>Handball: Developing key skills learnt in Year 7 while also covering the jump shot, game play and tactics.</p> <p>Badminton: Developing key skills learnt in Year 7 while also covering more complex shot types.</p> <p>Gaelic Football: Developing key skills learnt in Year 7 while also covering more complex attacking and defensive strategies.</p>	<p>Alternative & Disability Sports: developing knowledge and experience in a wide range of different alternative and disability sports such as blind football, boccia and sit-down volleyball.</p> <p>Cricket: Developing skills learnt in Year 7 while also developing more complex batting techniques such as the cut shot.</p> <p>Tennis: Developing key skills learnt in Year 7 while also covering more complex shot types.</p>



9	<p>Football: Refining skills from Year 7 and 8 while also covering tactics and set pieces.</p> <p>Basketball: Refining skills learnt in Years 7 and 8 while also covering man to man and zonal defence, fast break and officiating.</p> <p>HRF: Refining knowledge from Years 7 and 8 while also designing circuits and applying knowledge to popular physical activities.</p>	<p>Handball: Refining skills learnt in Years 7 and 8 while also covering man to man and zonal defence, fast break and officiating.</p> <p>Badminton: Refining skills learnt in Years 7 and 8 while also covering smash shot, officiating and outwitting an opponent.</p> <p>Gaelic Football: Refining skills from Year 7 and 8 while also covering tactics and set pieces.</p>	<p>Alternative & Disability Sports: refining knowledge and experience a wide range of different alternative and disability sports such as blind football, boccia and sit-down volleyball.</p> <p>Cricket: Refining skills from Years 7 and 8 while also covering the drive shot, pull shot, swing and spin bowling.</p> <p>Tennis: Refining skills learnt in Years 7 and 8 while also covering officiating and outwitting an opponent.</p>
10	<p>Football: Refining skills from KS3 while also developing key leadership, coaching and officiating roles.</p> <p>Handball: Refining skills from KS3 while also developing key leadership, coaching and officiating roles.</p> <p>Basketball: Refining skills from KS3 while also developing key leadership, coaching and officiating roles.</p> <p>HRF: Refining skills from KS3 while also developing key leadership and coaching roles.</p>	<p>Gaelic Football: Refining skills from KS3 while also developing key leadership, coaching and officiating roles.</p> <p>Tchoukball: Refining skills from KS3 while also developing key leadership, coaching and officiating roles.</p> <p>Basketball: Refining skills from KS3 while also developing key leadership, coaching and officiating roles.</p> <p>Badminton: Refining skills from KS3 while also developing key leadership, coaching and officiating roles.</p>	<p>Alternative & Disability Sports: refining knowledge and developing key leadership, coaching and officiating roles in a wide range of different alternative and disability sports such as blind football, boccia and sit-down volleyball.</p> <p>Cricket: Refining skills from KS3 while also developing key leadership, coaching and officiating roles.</p> <p>Athletics: Refining skills from KS3 while also developing key leadership, coaching and officiating roles.</p> <p>Tennis:</p>



11 (a)	Option 1: Football: Applying all knowledge and experience gained in Years 7-10 to competitive gameplay situations and scenarios.	Option 1: Handball: Applying all knowledge and experience gained in Years 7-10 to competitive gameplay situations and scenarios.	Alternative & Disability Sports: Covering a wide range of different alternative and disability sports such as blind football, boccia and sit-down volleyball.
11 (b)	Option 2: Basketball: Applying all knowledge and experience gained in Years 7-10 to competitive gameplay situations and scenarios.	Option 2: Badminton: Applying all knowledge and experience gained in Years 7-10 to competitive gameplay situations and scenarios.	Cricket: Applying all knowledge and experience gained in Years 7-10 to competitive situations and scenarios.
11 (c)	Option 3: Fitness: Applying all knowledge and experience gained in Years 7-10 to structured gym and fitness sessions.	Option 3: Fitness: Applying all knowledge and experience gained in Years 7-10 to structured gym and fitness sessions.	Tennis: Applying all knowledge and experience gained in Years 7-10 to competitive situations and scenarios.