

Term		Year 7	Year 8	Year 9	Year 10	Year 11
Autumn	1 st Half	Swimming Judo Cross-Country Fitness Baseline Assessment <u>Invasion Games</u> Football <u>Net Games</u> Badminton	Swimming Cross-Country Fitness Baseline Assessment <u>Invasion Games</u> Football <u>Net Games</u> Badminton	Fitness Cross Country <u>Invasion Games</u> Football Basketball <u>Net Games</u> Badminton Table Tennis & Volleyball	Fitness Weight Training <u>Invasion Options</u> Football Basketball <u>Net Options</u> Badminton Table Tennis	Fitness Weight Training <u>Invasion Options</u> Football Basketball <u>Net Options</u> Badminton Table Tennis Tennis
	2 nd Half	Gymnastics Judo Cross Country Fitness <u>Invasion Games</u> Football Basketball <u>Net Games</u> Badminton Table Tennis Volleyball	Gymnastics Cross Country Fitness Baseline Assessments <u>Invasion Games</u> Football Basketball <u>Net Games</u> Badminton Table Tennis	Fitness Cross Country <u>Invasion Games</u> Football Basketball <u>Net Games</u> Badminton Table Tennis Volleyball	Fitness Weight Training <u>Invasion Options</u> Football Basketball <u>Net Options</u> Badminton Table Tennis Volleyball	Fitness Weight Training <u>Invasion Options</u> Football Basketball <u>Net Options</u> Badminton Table Tennis Tennis
Spring	1 st Half	Swimming Cross Country Fitness <u>Invasion Games</u> Gaelic Football Basketball <u>Net Games</u> Badminton Table Tennis	Swimming Cross Country Fitness <u>Invasion Games</u> Gaelic Football Basketball <u>Net Games</u> Badminton Table Tennis	Fitness Cross Country <u>Invasion Games</u> Football Basketball <u>Net Games</u> Badminton Table Tennis Volleyball	Fitness Weight Training <u>Invasion Options</u> Football Basketball <u>Net Options</u> Badminton Table Tennis	Fitness Weight Training <u>Invasion Options</u> Football Basketball <u>Net Options</u> Badminton Table Tennis Tennis
	2 nd Half	Gymnastics Tramp lining Cross Country Fitness <u>Invasion Games</u>	Gymnastics Tramp lining Cross Country Fitness Baseline Assessments	Fitness Cross Country <u>Invasion Games</u> Football Basketball	Fitness Weight Training <u>Invasion Options</u> Football Basketball	Fitness Weight Training <u>Invasion Options</u> Football Basketball

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		Football Summer Activity Preparation Net Games Varied Net Activities	Invasion Games Football Summer Activity Preparation Net Games Varied Net Activities	Net Games Badminton Table Tennis Volleyball	Net Options Badminton Table Tennis	Net Options Badminton Table Tennis Tennis
Summer	1st Half	Swimming Cross Country Fitness Invasion Games Athletics Net Games Fielding Games Cricket, Softball Related Games & 'Daleball'	Swimming Cross Country Fitness Invasion Games Athletics Net Games Fielding Games Cricket, Football Related Games	Athletics Invasion Games Fielding Games Cricket Softball and related games (Daleball)	Athletics Fielding Options Softball Cricket	Invasion Options Athletics Fielding Options Softball Cricket
	2 nd Half	Athletics Net Games Fielding Games Cricket Softball Related Games 'Daleball' Possible Outdoor Options	Athletics Possible Outdoor Options	Athletics Invasion Games Fielding Games Cricket Softball and related games (Daleball) Possible Outdoor Options	Athletics Fielding Options Related Activities 'Daleball'	Invasion Options Athletics Fielding Options Related Activities