

Year 7 Programme of study

	Year 7	Baseline 3 lessons Assessments	Unit 1 5 lessons	Unit 2 5 lessons	Unit 3 5 lessons *	Unit 4 5 lessons	Unit 5 5 lessons	Unit 6 5 lessons	Unit 7 5 lessons	Unit 8 5 lessons	Unit 9 5 lessons	Unit 10 5 lessons
X Band	Gp 1	Netball Football Fitness	Football	Table tennis	Rugby	Basketball	Fitness	Netball	Pickleball	Tennis	Rounders	Athletics
	Gp 2	Fitness Netball Football	Netball	Basketball	Dance	Fitness	Table tennis	Rugby	Football	Rounders	Athletics	Tennis
	Gp 3	Football Fitness Netball	Basketball	Fitness	Gymnastics	Table tennis	Pickleball	Football	Netball	Athletics	Tennis	Rounders
Y Band	Gp 1	Netball Football Fitness	Football	Table tennis	Rugby	Basketball	Fitness	Fitness	Netball	Tennis	Rounders	Athletics
	Gp 2	Fitness Netball Football	Netball	Basketball	Dance	Fitness	Table tennis	Football	Table tennis	Athletics	Tennis	Rounders
	Gp 3	Football Fitness Netball	Basketball	Fitness	Gymnastics	Table tennis	Pickleball	Netball	Pickleball	Rounders	Athletics	Tennis
Z Band	Gp1	Netball Football Fitness	Football	Table tennis	Rugby	Basketball	Fitness	Netball	Pickleball	Rounders	Athletics	Tennis
	Gp 2	Fitness Netball Football	Netball	Basketball	Dance	Fitness	Table tennis	Football	Gymnastics	Tennis	Rounders	Athletics
	Gp 3	Football Fitness Netball	Basketball	Fitness	Gymnastics	Table tennis	Pickleball	Multi sports	Netball	Athletics	Tennis	Rounders

Year 8 programme of study

	Year 8	Unit 1 5 lessons	Unit 2 5 lessons	Unit 3 5 lessons	Unit 4 5 lessons	Unit 5 5 lessons	Unit 6 4 lessons	Unit 7 5 lessons	Unit 8 5 lessons	Unit 9 5 lessons	Unit 10 5 lessons
X Band	Gp 1	Football	Basketball	Rugby	Fitness	Table tennis	Netball	Handball	Tennis	Rounders	Athletics/ cricket
	Gp 2	Netball	Table tennis	Dance	Football	Fitness	Gymnastics	Basketball	Rounders	Athletics/ cricket	Tennis
	Gp 3	Handball	Fitness	Netball	Table tennis	Basketball I	Football	OAA	Cricket	Tennis	Rounders
Y Band	Gp 1	Football	Basketball	Rugby	Fitness	Table tennis	Netball	Pickleball	Rounders	Tennis	Cricket/ athletics
	Gp 2	Netball	Table tennis	Dance	Football	Fitness	Gymnastics	OAA	Tennis	Athletics/ cricket	Rounders
	Gp 3	Handball	Fitness	Football	Multi sport	Basketball	OAA	Netball	Athletics/ cricket	Rounders	Tennis
Z Band	Gp1	Handball	Basketball	Rugby	Football	Fitness	Netball	Table tennis	Tennis	Athletics/ cricket	Rounders
	Gp 2	Netball	Table tennis	Dance	Fitness	Pickleball	Football	Handball	Rounders	Tennis	Cricket
	Gp 3	Football	Fitness	Netball	Table tennis	Basketball	Handball	Pickleball	Athletics/ cricket	Rounders	Tennis

Year 9 programme of study

	Year 9	Unit 1 5 lessons	Unit 2 5 lessons	Unit 3 5 lessons	Unit 4 5 lessons	Unit 5 5 lessons	Unit 6 5 lessons	Unit 7 4 lessons	Unit 8 5 lessons	Unit 9 5 lessons	Unit 10 5 lessons	Unit 11 5 lessons
X Band	Gp 1	Football	Table tennis	Fitness	Rugby	Basketball	Handball or rugby revisit	Netball	Pickleball	Tennis	Rounders	Athletics/ cricket
	Gp 2	Netball	Badminton	Football	Fitness	Dance	Table tennis	Handball	OAA	Rounders	Cricket/ athletics	Tennis
	Gp 3	Handball	Fitness	Netball	Multi sports	Table tennis	Basketball	Football	Tag rugby	Athletics/ cricket	Tennis	Rounders
Y Band	Gp 1	Football	Table tennis	Fitness	Rugby	Basketball	*rugby revisit unit	Netball	Handball	Athletics/ cricket	Rounders	Tennis
	Gp 2	Netball	Badminton	Football	Fitness	Table tennis	Basketball	Handball	Multi sports	Tennis	Cricket	Rounders
	Gp 3	Handball	Fitness	Netball	Multi sports	Football	Table tennis	OAA	Basketball	Rounders	Tennis	Cricket
Z Band	Gp1	Handball	Basketball	Fitness	Football	Rugby	Table tennis	Netball	Pickleball	Athletics/ cricket	Rounders	Tennis
	Gp 2	Football	Fitness	Dance	Table tennis	Netball	Basketball	OAA	Handball	Tennis	Athletics/ cricket	Rounders
	Gp 3	Netball	Table tennis	Football	Fitness	Basketball	Handball	Fitness in sport	Multi sports	Rounders	Tennis	Athletics/ cricket

