

Year 7 & 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
TOPICS AREAS	<p><u>Fitness</u></p> <ul style="list-style-type: none"> - increasing stamina -measuring heart rate - healthy lifestyle 	<p><u>Dance</u></p> <ul style="list-style-type: none"> - Learning set dances - Choreographing own dance <p><u>Football</u></p> <ul style="list-style-type: none"> - Ball skills - Tricks - Kick ups 	<p><u>Netball</u></p> <ul style="list-style-type: none"> - Learn the different types of passes - Understand the positions on the court <p><u>Rugby</u></p> <ul style="list-style-type: none"> - How to hold a rugby ball when passing it - Rugby game rules 	<p><u>Net and Wall Games</u></p> <ul style="list-style-type: none"> - Tennis skills - Squash skills <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> - Learn the different types of rolls - Variety of solo and partner balances - Create your own motif - Understand how to perform aesthetically 	<p><u>Outdoor and Adventurous Activities</u></p> <ul style="list-style-type: none"> - following a map <p><u>Basketball</u></p> <ul style="list-style-type: none"> - Ball Skills - Tricks - How to make a basket

