

	Half term 1	Half term 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4/5/6	Fundamentals/ Multi-skills Football Rugby Cycling (6 weeks) Swimming rotation	Fundamentals/ Multi-skills Netball Basketball Swimming rotation	Orienteering Gymnastics Dance Swimming rotation	Understanding games and winning and losing Cycling (6 weeks) Swimming rotation	Cycling (6 weeks) Racket sports Swimming rotation	Rounder's/Cricket Athletics Sports Day Prep (4 weeks) Swimming rotation
Year 7	Football Cycling (6 weeks) Swimming rotation	Netball Basketball HRE Inclusion games Swimming rotation	Trampolining Orienteering Badminton Swimming rotation	Gymnastics – movement to music HRE Swimming rotation	Net/wall Cricket Swimming rotation	Rounder's Athletics Sports Day Prep (4 weeks) Swimming rotation
Year 8	2 x 55 minute lessons Fitness Fundamentals Swimming Basketball Swimming rotation	Fitness Fundamentals Dance Swimming Football Swimming rotation	Gymnastics Orienteering Handball Swimming rotation	Gymnastics Bikeability Cricket Swimming rotation	Athletics Rounders Swimming rotation	Athletics Tennis Swimming rotation
Year 9						
Fundamental	A - Fitness B – Multi-skills C - Badminton	A - Trampolining B - Basketball C - Fitness	A - Circuits B - Handball C – Trampolining/Gymnastics	A - Gymnastics B - Orienteering C - Football	A – Athletics B – Cricket inclusion games	A – Athletics throwing/jumping B - Tennis
Engagement	A - Netball B - Fitness C – Multi-skills	A – Fitness B - Trampolining C - Basketball	A – Trampolining/Gymnastics B - Circuits C - Handball	A - Dance B - Gymnastics C - Orienteering	A – Athletics B - Rounders	A – Athletics throwing/jumping B - Tennis
Competitor	A - Basketball B - Fitness C – Multi-skills *Bikeability running alongside	A - Football B - Fitness C – Trampolining *Bikeability running alongside	A - Handball B – Trampolining/Gymnastics C – Circuits *Bikeability running alongside	A - Orienteering B - Football C – Gymnastics *Bikeability running alongside	A – Athletics B - Cricket *Bikeability running alongside	A – Athletics throwing/jumping B – Tennis *Bikeability running alongside

Year 10						
Fundamental	A – Fitness B – Inclusion games/alternative games C – Badminton	A - Trampoline B – Fitness Suite C – Hand based games	A - Gymnastics B – Football Rounders C – Circuit training	A – Dance movement B – Orienteering/Problem Solving C – Table cricket/volleyball	A – Athletics B – Cricket inclusion games	A – Athletics throwing/jumping B - Tennis
Engagement	A – Handball B – Fitness C – Team Building/Skilled based games	A - Basketball B - Trampoline C – Fitness Suite	A – Gymnastics B - Netball C – Circuit training	A – Dance fitness B - Orienteering/Problem Solving C – Badminton/volleyball	A – Athletics B - Rounders	A – Athletics throwing/jumping B - Tennis
Competitor	A - Football B – Fitness C – Alternative games	A – Basketball B - Trampoline C – Fitness Suite	A - Gymnastics B – HIIT/Circuit training	A – Dance fitness B - Orienteering/Problem Solving C – Badminton/volleyball	A – Athletics B - Cricket	A – Athletics throwing/jumping B - Tennis
Year 11						
Potential activities, subject to change and availability.	Group 1 - Footgolf Group 2 – Putting and Tennis Group 3 – Putting and Tennis	Group 1 – Footgolf Group 2 – Trampoline Group 3 – Table Cricket	Group 1 – Golf Group 2 – Driving Range Group 3 – Fitness to music	Group 1 – Haldon OAA Group 2 - Swimming Group 3 - Swimming	Group 1 – Torquay United Group 2 – Haldon OAA Group 3 - Haldon OAA	