	Year 7	Year 8	Year 9	Year 10	Year II
	Students will participate in				
	the activities listed on a				
	carousel system, each half				
HTI - HT4	term				
	Games Activities	Games Activities	Games Activities	Students have choice over	Students have choice over
	Netball	Netball	Netball	the activities they will	the activities they will
	Rugby	Rugby	Rugby	participate in.	participate in.
	Football	Football	Football		
	Hockey	Hockey	Hockey	Games Activities	Games Activities
	Gaelic	Gaelic	Gaelic	Netball	Netball
	Basketball	Basketball	Basketball	Rugby	Rugby
	Handball	Handball	Handball	Football	Football
	Basic skills through small	Introduction to tactics, full	Volleyball	Hockey	Hockey
	conditioned games	games and applied rules	Advance skills under	Gaelic	Gaelic
			pressure, officiating rules	Basketball	Basketball
	Badminton	Badminton		Handball	Handball
	Range of basic shots	Range of more advanced	Badminton	Volleyball	Volleyball
	Range of serves	shots	Range of advanced	Role of the leader & coach	Role of the leader & coach
	Basic Rules and scoring	Placement of serves	shots and focus on	Advance skills in decision making	Advance skills in decision making
		Rules and scoring	decision making	Learning new skills in controlling	Learning new skills in controlling
	Athletics		Variety of serves and	the ball	the ball
	Cross Country	Athletics	making correct	Applying rules of the game	Applying rules of the game
		Cross Country	decisions		
	Gymnastics		Rules and scoring,	Badminton	Badminton
	Basic rolls & leaps, safety with	Gymnastics	doubles	Improving skills and techniques.	Importance of independence.
	equipment	Flight - Taking off and		Leadership activities and student	Leadership activities and
		landing safely from	Athletics	organisation. Doubles	student organisation. Doubles
	Dance		Cross Country		

	Devising a motif	trampettes &		Health Related Fitness	Health Related Fitness
	Different types of dance	springboards	Health Related	Yoga	Yoga
	explored		Fitness	Circuit training	Circuit training
	Using stimulus to devise a	Health Related Fitness	Different training	Boxercise	Boxercise
	performance	Understanding of how to	methods		
	Evaluating & Improving	maintain a healthy &		Athletics	Athletics
		active lifestyle	Gymnastics	Cross Country	Cross Country
			Sports-Acro, balances		
	Health Related Fitness		(2's, 3's and large		
	Understanding of how to		groups)		
	maintain a healthy & active				
	lifestyle				
			Dance		
			Devising a motif		
			Different types of		
			dance explored		
			Using stimulus to		
			devise a performance		
			Evaluating & Improving		
HT5 -	Games Activities	Games Activities	Games Activities	Games Activities	Games Activities
HT6	Tennis	Tennis	Tennis	Tennis	Tennis
	Rounders	Rounders	Rounders	Rounders	Rounders
	Softball	Softball	Softball	Softball	Softball
	Athletics	Athletics	Athletics	Athletics	Athletics
	Experience different events in	Refining techniques and	Improving accuracy	Competition and experience of	Competition and experience
	run, jump and throw	times in 'run, jump and	and speed in run, jump	officiating	of officiating
	Relay	throw' events	& throw events		

	Relay speed and		
	changeover technique		