



## SKILLS

**Yr11 Activities:** Basketball, Football, Netball, Table Tennis, Badminton, Fitness Suite, Tennis, Cricket, Rounders, Stoolball

### Year 11

- Applying ABCs to further develop higher skills to be consistent
- Planning tactically as a team to improve perf' effectiveness
- Analysing, coaching & strategising to lead+ improve performance
- Developing social skill use with others

**Yr10 Activities:** Basketball, Football, Netball, Table Tennis, Badminton, Fitness Suite, Tennis, Cricket, Rounders, Stoolball

### Year 10

- Applying ABCs to further develop higher level skills
- Planning tactically as a team to improve perf' effectiveness
- Analysing, coaching & strategising to lead+ improve performance
- Developing social skill use with others

**Yr9 Activities:** Dance, Football, Table Tennis, Netball (girls), Rugby (boys), Fitness Suite, Cricket, Badminton, Tennis, Rounders, Athletics

### Year 9

- Applying ABCs to develop higher level skills
- Planning tactically in a team to improve perf' effectiveness
- Analysing, coaching & strategising to improve performance
- Developing social skill use with others

**Yr8 Activities:** Badminton, Rugby (boys), Netball (girls), Table Tennis, Orienteering, Football or Dance, Fitness Suite, Gymnastics, Basketball, Cricket, Rounders, Tennis, Athletics, Handball

### Year 8

- Selecting and applying ABCs for sporting benefits
- Analysing roles for perf' effectiveness
- Analysing and coaching to improve performance
- Developing social skill awareness

**Yr7 Activities:** Badminton, Rugby (boys), Netball (girls), Table Tennis, Orienteering, Football or Dance, Fitness Suite, Gymnastics, Basketball, Cricket, Rounders, Tennis, Athletics

### Year 7

- Exploring the concepts of ABCs for performance benefits
- Understanding how tactical planning improves perf'
- Analysing and using Verbal feedback to improve performance
- Developing social skill awareness

**The future**

- Lead a healthy active lifestyle
- Study a sports related course at 6th Form or college
- Study a sports related course at University
- Consider careers in the health and fitness industry

## KNOWLEDGE

