

Hockey - V Drag back - Short corners - Long corners - Reverse stick passing - Hook pass - Shooting	Touch Rugby - The roll - Touch tackling adv - Attack and defense - Passing over laps - Rules	Football - Long driven ball pass - Marking and tracing - position Adv - Shooting Adv	Gymnastics - Weight bearing balances - Weight transference - vaulting	Therapy - Health and Fitness - Social aspects of sport - Human body and exercise - Sports rules	OAA - Development of teamwork through problem solving - Dance – Capoeira cultural dance	Cricket - Catching - Throwing - Batting adv - Bowling spin, seam swing - Fielding strategy	Badminton - Serving - Court movement - Backhand - Forehand - Drop shots - Rules
Sportshall Athletics - Drive phase - Paraluf stamina running - Shot - Standing triple - Relays	Ultimate Frisbee - An effective pull shot - What is the dump and resetting - Faking - Hammer	Fitness: - Speed agility power endurance - Rowing - Fitness tests - Skipping/HRF - Cross country	Volleyball - Serving - Dig - Set - Spike - Rules and regulations	Basketball /Netball - Dribbling adv - Shooting adv - Positions adv - Passing adv - Umpiring and rules	Athletics - Track events 100m, 200m 800m 1500m 4 x 100 relay - Field triple Jump - Metal Javelin	Summer Sports - Danish Long Ball - Ultimate Frisbee - Softball - Capture the flag - Indiana Jones	Rounders - Throwing adv - Catching adv - Batting adv - Bowling adv - Positions - Rules adv
Rounders - Throwing - Catching - Batting - Bowling adv - Tactics - Rules	Athletics - Track events 100m, 200m 800m 1500m differences. - Field High Jump Fosbey Flop - Turbo Javelin	Dance - Pirates creative dance - Dynamics - Mood/atmosphere - Gesture - Creative composition	Netball - Footwork - Positions - Different types of passes - Shooting - Marking - Finding space	Cross Country HRF - Stamina running - Caterpillar running - Circuits	Gymnastics - Matching - Mirroring - Asymmetrical Mirroring - Dynamics of stage - Symmetry	Football - Long driven ball pass - Marking and tracing - position Adv - Shooting Adv	Hockey - Indian Dribbling - Slap pass - Reverse stick passing - Shooting
Tennis - Serving - volleys - Forehand and backhand - Passing shots	Ultimate Frisbee - Forehand/ Backhand - Types of defence - What is the force - Scuba	Cricket - Catching - Throwing - Batting - Bowling line and length off and on side - Field positions	Basketball - Dribbling skill - Types of passing adv - Beating a player - Shooting Lay up, Jump shot - Rules	Badminton - Serving - Return of serve - Forehand shots - Clear shots - Drop shots - Rules and regulations	Fitness: - Long term short affects - HRF - Rowing - Fitness tests - Skipping	Touch Rugby - The roll - Touch tackling - Passing in pressurised situations - Rules	Sportshall Athletics - Finishing techniques – diving - Paraluf stamina running - Shot - Standing Long

Hockey - Beating a player - Dribbling reverse stick - Passing and receiving on the move - Shooting	Football - Beating a player - Passing lofted ball - Tackling - Shooting - Dribbling more adv	Gymnastics - Rolls - Flight - Balances - Canon - Using Equipment	Tug of War OAA - Positivity through sport - Teamwork - Communication	OAA Development of teamwork and communication skills through problem solving	Kwick Cricket - Catching - Throwing - Batting - Bowling line and length off and on side - Field positions	Ultimate Frisbee - Forehand/ Backhand - Stool count - Cutting into space - Cutters /handlers	Rounders - Throwing - Catching - Batting - Bowling - Rules
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