

Can you dodge, dive, duck and throw? How fast are your reactions? Dodgeball brings in a number of fundamental skills, helping you to improve your reaction time, throwing, catching, and agility. This fast paced sport will get you thinking about how best to use your team mates to beat your opponents.

Challenge: Why is there more money invested into men's sport? Why does tennis buck this trend? Research and write an article on the influence that Billy Jean King has had on women's sport.

Player, Official or Coach?
How good is your coaching? Can you referee a game of Football or Netball? What would you write in a match report? Rotate your role in both sports and see which you are best at.

Check point
Practical assessment in the sports covered this term

The Autumn line



Challenge: Research the political stance that Tommie Smith and John Carlos took in the 1968 Olympics. Can you compare the stance they took with more recent sports activists?



How do you score points by only passing backwards?
This term you will be gaining the skills and tactical awareness to become a tag rugby player. This is your opportunity to learn whether to run forwards with the ball and dodge opponents, or pass the ball backwards to a teammate. It's a game for the agile and tactically astute.



The Spring line

Check point
Practical assessment in the sports covered this term

Swing big, hit big and occasionally miss big!
This half term you will be focusing on Striking and Fielding activities. You will learn all of the rules to Rounders and Softball, develop your catching skills including using a mitt, learn to pitch and bowl and see how far can strike the ball. Perfect preparation for Sport Day participation.

What is a touchdown? How do you throw an Ultimate Frisbee? What is the easiest way to score a point in Danish Longball?
This half term you will have the opportunity to experience some of our alternative sports. This is a chance to round off all of the skills and tactics learnt over the past three years, with three exciting new activities.

Check point
Practical assessment in the sports covered this term

The Summer line

Challenge: Have you ever watched Goalball at the Paralympics? How does wheelchair rugby work? Create a presentation that explains the rules of any Paralympic sport.