



YEAR 13

Mastery, Synoptic Understanding & Successful Progression

HT1: Biomechanics
HT2: Biomechanics
HT3: Sport Psychology
HT4: Sport Psychology
HT5: Sport, society and the role of technology
HT6: Exam preparation and revision



YEAR 12

Advanced Study & Academic Transition

HT1: Anatomy and Physiology
HT2: Anatomy and Physiology
HT3: Skill Acquisition
HT4: Skill Acquisition
HT5: Sport and Society
HT6: Exercise Physiology



YEAR 11

Securing Outcomes & Progression Readiness

HT1: Tactics and gameplay in invasion games
HT2: Organisation of competition in racket sports
HT3: Skill and routine development in trampolining
HT4: Responsibilities of roles in hand sports
HT5: Physical development in fitness and gym
HT6: Officiating in sports



YEAR 10

GCSE/ KS4 Preparation

HT1: Futsal/Football – Selecting appropriate tactics
HT2: Trampolining – Complex rotations in routines
HT3: Dodgeball – Transition between attack and defence
HT4: Net Sports – Decision making and shot selection
HT5: Fitness and physical wellbeing – Testing and physical development
HT6: Qualifications - National Governing Body Awards



YEAR 9

Foundation Stage III

HT1: Futsal – Formation recognition
HT2: Trampolining – 10 bounce routines
HT3: Rugby – Hand eye coordination development
HT4: Table Tennis – Power differentiation in shots
HT5: Athletics - Converting speed to power
HT6: Striking and Fielding – Tactical awareness to make runs



STRONG FOUNDATION BASE

Secure knowledge, literacy, numeracy and learning habits



YEAR 8

Foundation Stage II

HT1: Fundamental Movement Skills – Soft Skills development – Character Development
HT2: Gymnastics – Shapes, rolls and rotations
HT3: Basketball – Dribbling, passing and shooting
HT4: Pickleball – Serving, volleying and net shots
HT5: Athletics – Throwing, jumping and sprinting
HT6: Striking and Fielding / Football



YEAR 7

Foundation Stage I – Strong Start

HT1: Fundamental Movement Skills – Soft Skills development – Character Development
HT2: Dance – Timing, cannon, unison and formations
HT3: Netball – Types of passing, footwork and positions
HT4: Badminton – Serving, overhead, net play and smash shots
HT5: Athletics – Generating speed, relays, throws and jumps
HT6: Cricket/ Rounders – Hand eye coordination, batting and fielding



STRONG FOUNDATIONS

We build core knowledge, habits and character early so every student can succeed.



AMBITION FOR ALL

We have the highest expectations of every student and believe in their potential.



PEDAGOGY FOR PROGRESS

We use expert teaching, retrieval and feedback to secure progress for all students.



TEACH TO THE TOP

We teach the most ambitious curriculum and scaffold expertly so all students reach the highest levels.