

Boys Key Stage 3 Typical Course of Study

	Activities Lesson 1	Lesson 2
Term 1	Football	Rugby
Term 2	Basketball	Rugby
Term 3	Gymnastics/Trampolining and Badminton	Swimming
Term 4	Health Related Exercise	Swimming
Term 5	Athletics	Striking and Fielding games
Term 6	Athletics	Striking and Fielding games

Girls Key Stage 3 Typical Course of Study

	Activities Lesson 1	Lesson 2
Term 1	Netball	Rugby
Term 2	Netball	Basketball
Term 3	Gymnastics/Trampolining and Badminton	Swimming
Term 4	Health Related Exercise	Swimming
Term 5	Athletics	Striking and Fielding games
Term 6	Athletics	Striking and Fielding games

Girls and Boys Key Stage 4 Typical Course of Study

	Activities Lesson 1	Lesson 2
Term 1	Invasion Games	Sports Leaders Award/Invasion Games
Term 2	Invasion Games	Sports Leaders Award/Invasion Games
Term 3	Trampolining and Badminton	Swimming
Term 4	Alternative Sports eg Zumba, ultimate Frisbee, dodgeball	Health Related Exercise
Term 5	Athletics	Striking and Fielding games
Term 6	Athletics	Striking and Fielding games