



# Year 7-10 Games Curriculum 2025-26

	Starts (5) 08/09/25	Starts (5) 13/10/25	Starts (4) 24/11/25	Starts (5.5) 5/01/26	Starts (5) 23/02/26	Starts (5) 13/04/26	Starts (4) 18/05/26	Starts (4) 22/06/26
Year 7 - 1 Interleaving topic	Football (4G) Bones & skeleton	Netball Bones & skeleton	Dance (H) Bones & skeleton	Rugby (4G) Preventing injury	Handball (4G) Preventing injury	Athletics Goal setting	Cricket Goal setting	Gymnastics (SH) Goal setting
Year 7 - 2 Interleaving topic	Rugby Bones & skeleton	Gymnastics (SH) Bones & skeleton	Football (4G) Bones & skeleton	Handball (4G) Preventing injury	Netball Preventing injury	Athletics Goal setting	Cricket Goal setting	Dance (H) Goal setting
Year 7 - 3 Interleaving topic	Netball Bones & skeleton	Football Bones & skeleton	Handball (4G) Bones & skeleton	Dance (H) Preventing injury	Gymnastics (SH) Preventing injury	Athletics Goal setting	Rugby (4G) Goal setting	Cricket Goal setting
Year 7 - 4 Interleaving topic	Rugby Bones & skeleton	Handball (4G) Bones & skeleton	Gymnastics (SH) Bones & skeleton	Netball Preventing injury	Dance (H) Preventing injury	Athletics Goal setting	Football (4G) Goal setting	Cricket Goal setting
Year 8 - 1 Interleaving topic	Netball Muscles & roles	Dance (H) Muscles & roles	Football (4G) Muscles & roles	Rugby (4G) Components of fitness	Handball (4G) Components of fitness	Athletics Mental preparation	Cricket Mental preparation	Gymnastics (H) Mental preparation
Year 8 - 2 Interleaving topic	Football (4G) Muscles & roles	Netball Muscles & roles	Handball (SH) Muscles & roles	Dance (H) Components of fitness	Gymnastics (H) Components of fitness	Athletics Mental preparation	Cricket Mental preparation	Rugby (4G) Mental preparation
Year 8 - 3 Interleaving topic	Rugby Muscles & roles	Basketball (SH) Muscles & roles	Netball Muscles & roles	Handball (4G) Components of fitness	Football Components of fitness	Athletics Mental preparation	Gymnastics (H) Mental preparation	Cricket Mental preparation
Year 8 - 4 Interleaving topic	Rugby Muscles & roles	Handball (4G) Muscles & roles	Gymnastics (H) Muscles & roles	Netball Components of fitness	Basketball (SH) Components of fitness	Athletics Mental preparation	Football (4G) Mental preparation	Cricket Mental preparation
Year 9 - 1 Interleaving topic	Trampolining (H) Movement at joints	Dance (H) Movement at joints	Netball Movement at joints	Rugby (4G) Methods of training	Handball (4G) Methods of training	Athletics Health, fitness, wellbeing	Cricket Health, fitness, wellbeing	Football (4G) Health, fitness, wellbeing
Year 9 - 2 Interleaving topic	Football (4G) Movement at joints	Netball Movement at joints	Rugby (4G) Movement at joints	Dance (H) Methods of training	Trampolining (H) Methods of training	Athletics Health, fitness, wellbeing	Handball (4G) Health, fitness, wellbeing	Cricket Health, fitness, wellbeing
Year 9 - 3 Interleaving topic	Rugby Movement at joints	Table Tennis (SH) Movement at joints	Football Movement at joints	Handball (4G) Methods of training	Netball Methods of training	Athletics Health, fitness, wellbeing	Cricket Health, fitness, wellbeing	Trampolining (H) Health, fitness, wellbeing
Year 9 - 4 Interleaving topic	Rugby Movement at joints	Handball (4G) Movement at joints	Trampolining (SH) Movement at joints	Netball Methods of training	Table Tennis (SH) Methods of training	Athletics Health, fitness, wellbeing	Football (4G) Health, fitness, wellbeing	Cricket Health, fitness, wellbeing
Year 10 - 1 GCSE	Table Tennis (SH)	Netball	Football (4G)	Handball (4G)	Trampolining (H)	Athletics	Cricket	HRF
Year 10 - 2	Handball (4G)	Table Tennis (SH)	Netball	Trampolining (H)	Football (4G)	Athletics	Cricket	HRF
Year 10 - 3 GCSE	Rugby	Football (4G)	Trampolining (H)	Handball (4G)	Basketball (SH)	Athletics	Softball	Table Tennis (SH)
Year 10 - 4	Rugby	Trampolining (H)	Table Tennis (SH)	HRF	Handball (4G)	Athletics	Football (4G)	Softball



## Year 11 Games Curriculum 2025-26

	Starts (7) 08/09/25	Starts (7) 03/11/25	Starts (9) 05/01/26	Starts (5) 16/03/26
Year 11 - 1 GCSE	Handball (4G)	Trampolining (H)	Netball	Options
Year 11 - 2	Netball	Badminton (SH)	HRF (H)	Options
Year 11 - 3 GCSE	Table Tennis (SH)	Handball (4G)	Football (4G)	Options
Year 11 - 4	Football	Handball (4G)	Table Tennis/Basketball (SH)	Options



## Athletics Rotation 2025-26

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9
Year 7 - 1	Middle	High Jump	Javelin	Hurdles	Triple	Sprint/Rel	Shot	Discus	Long Jump
Year 7 - 2	Long Jump	Hurdles	High Jump	Middle	Sprint/Rel	Discus	Sprint/Rel	Shot	Javelin
Year 7 - 3	High Jump	Middle	Hurdles	Javelin	Discus	Triple	Long Jump	Sprint/Rel	Shot
Year 7 - 4	Shot	Long Jump	Discus	High Jump	Hurdles	Javelin	Middle	Triple	Sprint Rel
Year 8 - 1	Middle	High Jump	Javelin	Hurdles	Triple	Sprint/Rel	Shot	Discus	Long Jump
Year 8 - 2	Long Jump	Hurdles	High Jump	Middle	Sprint/Rel	Discus	Sprint/Rel	Shot	Javelin
Year 8 - 3	High Jump	Middle	Hurdles	Javelin	Discus	Triple	Long Jump	Sprint/Rel	Shot
Year 8 - 4	Shot	Long Jump	Discus	High Jump	Hurdles	Javelin	Middle	Triple	Sprint Rel
Year 9 - 1	Middle	High Jump	Javelin	Hurdles	Triple	Sprint/Rel	Shot	Discus	Long Jump
Year 9 - 2	Long Jump	Hurdles	High Jump	Middle	Sprint/Rel	Discus	Sprint/Rel	Shot	Javelin
Year 9 - 3	High Jump	Middle	Hurdles	Javelin	Discus	Triple	Long Jump	Sprint/Rel	Shot
Year 9 - 4	Shot	Long Jump	Discus	High Jump	Hurdles	Javelin	Middle	Triple	Sprint Rel
Year 10 - 1	Middle	High Jump	Javelin	Hurdles	Triple	Sprint/Rel	Shot	Discus	Long Jump
Year 10 - 2	Long Jump	Hurdles	High Jump	Middle	Sprint/Rel	Discus	Sprint/Rel	Shot	Javelin
Year 10 - 3	High Jump	Middle	Hurdles	Javelin	Discus	Triple	Long Jump	Sprint/Rel	Shot
Year 10 - 4	Shot	Long Jump	Discus	High Jump	Hurdles	Javelin	Middle	Triple	Sprint Rel