

Term		Year 7	Year 8	Year 9	Year 10	Year 11
Autumn	September-October	ABCs, Orienteering	Orienteering, Table tennis, Football	Rokeby Sports Transition: Theory: Components of Fitness Practical: Handball/ Basketball	GCSE: Theory (Unit 1.1) and Handball/ Football/ Athletics; CNAT Sport Studies: Theory (Unit R186) & Table Tennis (Unit R185); Leadership: Handball & Dodgeball	GCSE: Theory (Unit 2.1) and Handball/ Football; CNAT Sport Studies: Theory (Unit R185-TA2) & Practical (Unit R185-TA4); Leadership: Weight Training & Dodgeball
	November-December	Table tennis, Football, Handball	Basketball, Table tennis, Football, Rugby, Orienteering, Fitness	Rokeby Sports Transition: Theory: Optimising Training Practical: Handball/ Basketball	GCSE: Theory (Unit 1.1) and Handball/ Football/ Athletics; CNAT Sport Studies: Theory (Unit R186) & Badminton (Unit R185); Leadership: Fitness & Table Tennis	GCSE: Theory (Unit 2.3) and Handball/ Football; CNAT Sport Studies: Theory (Unit R185-TA5) & Practical (Unit R185-TA4); Leadership: Weight Training & Table Tennis
Spring	January-February	Fitness, Basketball, Football, Handball	Basketball, Rugby, Fitness	Rokeby Sports Transition: Theory: Preventing Injuries Practical: Athletics/ Table Tennis	GCSE: Theory (Unit 1.1) and Basketball/ Table Tennis & Trampolining; CNAT Sport Studies: Theory (Unit R185) & Football (Unit R185); Leadership: Fitness & Football	GCSE: Theory (Unit 1.2) and Basketball; CNAT Sport Studies: Theory (Unit R184-TA1+TA2) Leadership: Football Sport Ed
	March-April	Rugby, Basketball, Fitness	Handball, Badminton, Trampolining	Rokeby Sports Transition: Theory: Different Sources of Media that Cover Sport Practical: Athletics/ Table Tennis	GCSE: Theory (Unit 2.2) and Basketball/ Table Tennis & Trampolining; CNAT Sport Studies: Theory (Unit R186-Resubmission) & Athletics (Unit R185); Leadership: Basketball & Football	GCSE: Theory (PLC Revision) and Table Tennis; CNAT Sport Studies: Theory (Unit R184-TA3) & Sport 1 (Unit R185-TA1 - Resubmission); Leadership: Handball Sport Ed & Athletics
Summer	May-June	Cricket, Badminton, Athletics (Track)	Cricket, Athletics (Track), Athletics (Field)	Rokeby Sports Transition: Theory: Positive Effects of the Media in Sport Practical: Athletics/ Table Tennis	GCSE: Theory (AEP) and Table Tennis & Badminton; CNAT Sport Studies: Theory (Unit R185-TA3) & Sport 1 (Unit R185-TA1); Leadership: Cricket & Handball	GCSE: Theory (PLC Revision) and Trampolining; CNAT Sport Studies: Theory (Unit R184-TA4+5) & Sport 2 (Unit R185-TA1 - Resubmission); Leadership: Dance & Cricket
	June-July	Cricket, Gymnastics, Badminton	Cricket, Badminton, Handball, Trampolining, Athletics (Field)	Rokeby Sports Transition: Theory: Negative Effects of the Media in Sport Practical: Athletics/ Table Tennis	GCSE: Theory (AEP) and Table Tennis & Badminton; CNAT Sport Studies: Theory (Unit R185-TA3) & Sport 2 (Unit R185-TA1); Leadership: Cricket & Handball	
Additional reading					My Revision Notes: OCR GCSE (9-1) PE 2nd Edition Cambridge National in Sport Studies Revision Guide and Workbook: Level 1/Level 2	
Useful websites/Links		BBC Sport The Football Association		Sports Coach OCR Exam Board BBC Sports Coach The Football Association		