

Term		Year 7	Year 8	Year 9	Year 10	Year 11
Autumn	September-October	ABCs, Handball	Orienteering, Table tennis, Football	Sports Transition: Theory: Components of Fitness Practical: Handball/ Football	GCSE: Theory (Unit 1.1) and Handball/ Athletics; CNAT Sport Studies: Theory (Unit R186) & Table Tennis (Unit R185); Leadership: Handball & Dodgeball	GCSE: Theory (AEP) and Handball/ Football; CNAT Sport Studies: Theory (Unit R185-TA2) & Practical (Unit R185-TA4); Leadership: Weight Training & Dodgeball
	November-December	Table tennis, Football, Orienteering	Basketball, Table tennis, Football, Rugby, Orienteering, Health Related Fitness	Sports Transition: Theory: Optimising Training Practical: Handball/ Basketball	GCSE: Theory (Unit 1.1) and Handball/ Football; CNAT Sport Studies: Theory (Unit R186) & Table Tennis (Unit R185); Leadership: Fitness & Table Tennis	GCSE: Theory (Unit 2.1a&b) and Handball/ Football; CNAT Sport Studies: Theory (Unit R184-TA1) & Practical (Unit R185-TA1); Leadership: Basketball & Table Tennis
Spring	January-February	Health Related Fitness, Orienteering, Basketball, Football, Rugby	Basketball, Rugby, Health Related Fitness	Sports Transition: Theory: Preventing Injuries Practical: Football/ Basketball/ Table Tennis	GCSE: Theory (Unit 1.1) and Basketball/ Table Tennis & Trampolining; CNAT Sport Studies: Theory (Unit R185) & Football (Unit R185); Leadership: Dance & Football	GCSE: Theory (Unit 2.1c) and Basketball; CNAT Sport Studies: Theory (Unit R184-TA3+TA2) Leadership: Football Sport Ed
	March-April	Rugby, Basketball, Health Related Fitness	Handball, Badminton, Trampolining	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) & Football (Unit R185); Leadership: Basketball & Football	GCSE: Theory (Unit 2.2) and Table Tennis; CNAT Sport Studies: Theory (Unit R184-TA4&5) & Sport 1 (Unit R185 Resubmission); Leadership: Handball Sport Ed & Athletics
Summer	May-June	Cricket, Gymnastics, Badminton, Athletics (Track)	Cricket, Athletics (Track), Athletics (Field)	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) & Basketball/ Handball (Unit R185-TA1); Leadership: Cricket & Athletics	GCSE: Theory (Unit 2.3) and Trampolining; CNAT Sport Studies: Theory (Unit R184-Exam Prep) & (Unit R185 - Resubmission); Leadership: Ultimate Frisbee & Cricket
	June-July	Cricket, Gymnastics, Badminton	Cricket, Badminton, Handball, Trampolining, Athletics (Track), Athletics (Field)	Sports Transition: Theory Project: 1: Physical Training/ 2: Media use in Sport Practical: 1: Cricket/ 2: Table Tennis/ 3: Dodgeball & Basketball	GCSE: Theory (AEP) and Table Tennis & Badminton; CNAT Sport Studies: Theory (Unit R185-TA3) & Basketball/ Handball (Unit R185-TA1); Leadership: Cricket & Athletics	
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		