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|  | **Year 5** | **Year 6** | **Year 7** | **Year 8** |
| **Autumn 1**8 Weeks | Single- Sportshall AthleticsDouble – Alternative Games | Single- Sportshall Athletics/ Swimming*Tag Rugby Boys*Netball *Girls*                             | Single- Health and Fitness Rugby *Boys*Netball *Girls*                             | *Football Boys*Netball *Girls*                             |
| **Autumn 2**7 Weeks  | Single- Health & FitnessFootball-*Boys*Netball-*Girls* | Single- Health and Fitness/ SwimmingBasketball-*Boys*Football-*Girls* | Single- Health & FitnessBasketball-*Boys*Football-*Girls* | Basketball-*Boys*Football-*Girls* |
| **Spring 1**6 Weeks  | Single- Problem Solving Movement- *Boys*Movement- *Girls* | Single- Sportshall athletics / Swimming Movement- *Boys*Movement- *Girls* | Single – OrienteeringMovement- *Boys*Movement- *Girls* | Table Tennis/DodgeballMovement-*Boys*Movement - *Girls* |
| **Spring 2**7 Weeks  | Single- Orienteering Basketball - *Boys*Football - *Girls* | Single- Health and fitness / SwimmingFootball-BoysOrienteering – *Boys (1 hour each)*Basketball- *Girls* | Single- OrienteeringFootball- *Boys*Basketball - *Girls* | Orienteering/ Leadership Rugby  |
| **Summer 1**4 Weeks  | Single- AthleticsCricket-*Boys*Rounders- *Girls* | Single- Athletics/ SwimmingCricket-*Boys*Rounders- *Girls* | Single- AthleticsCricket-*Boys*Rounders- *Girls* | Athletics/ SpikeballCricket -*Boys*Rounders- *Girls* |
| **Summer 2**7 Weeks  | Single- AthleticsRounders- *BoysCricket- Girls* | Single- Athletics / SwimmingRounders- *BoysCricket- Girls* | Single- PickleballRounders- *Boys*Cricket -*Girls* | Single- PickleballCricket-*Girls* Rounders- *Boys* |

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|  | **Year 8 Doubles** |
| **Autumn 1**8 Weeks | *Football Boys*Netball *Girls*                             |
| **Autumn 2**7 Weeks  | Basketball-*Boys*Football-*Girls* |
| **Spring 1**6 Weeks  | Table Tennis/DodgeballMovement-*Boys*Movement - *Girls* |
| **Spring 2**7 Weeks  | Orienteering/Health & FitnessRugby  |
| **Summer 1**4 Weeks  | Athletics/ SpikeballCricket -*Boys*Rounders- *Girls* |
| **Summer 2**7 Weeks  | Single- PickleballCricket-*Girls* Rounders- *Boys* |

Health & Fitness