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|  | **Year 5** | **Year 6** | **Year 7** | **Year 8** |
| **Autumn 1**  8 Weeks | Single- Sportshall Athletics Double – 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 & Fitness  Football-*Boys* Netball-*Girls* | Single- Health and Fitness/ Swimming  Basketball-*Boys* Football-*Girls* | Single- Health & Fitness  Basketball-*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 – Orienteering  Movement- *Boys*  Movement- *Girls* | Table Tennis/Dodgeball  Movement-*Boys*  Movement - *Girls* |
| **Spring 2**  7 Weeks | Single- Orienteering  Basketball - *Boys* Football - *Girls* | Single- Health and fitness / Swimming Football-Boys  Orienteering – *Boys (1 hour each)* Basketball- *Girls* | Single- Orienteering Football- *Boys* Basketball - *Girls* | Orienteering/ Leadership  Rugby |
| **Summer 1**  4 Weeks | Single- Athletics Cricket-*Boys* Rounders- *Girls* | Single- Athletics/ Swimming Cricket-*Boys* Rounders- *Girls* | Single- Athletics Cricket-*Boys* Rounders- *Girls* | Athletics/ Spikeball Cricket -*Boys* Rounders- *Girls* |
| **Summer 2**  7 Weeks | Single- Athletics Rounders- *Boys Cricket- Girls* | Single- Athletics / Swimming Rounders- *Boys Cricket- Girls* | Single- Pickleball Rounders- *Boys* Cricket -*Girls* | Single- Pickleball Cricket-*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/Dodgeball  Movement-*Boys*  Movement - *Girls* |
| **Spring 2**  7 Weeks | Orienteering/Health & Fitness  Rugby |
| **Summer 1**  4 Weeks | Athletics/ Spikeball Cricket -*Boys* Rounders- *Girls* |
| **Summer 2**  7 Weeks | Single- Pickleball Cricket-*Girls*  Rounders- *Boys* |

Health & Fitness