




Long-Term Plan – Introduce Fundamental Skills and Knowledge

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 7	Topics to be covered:	Handball Volleyball Fitness	Handball Volleyball Fitness Cross country Indoor athletics	Boxing Gymnastics Football	Netball Football Badminton	Athletics Athletics Athletics	Rounders Badminton Softball
	Skills to be developed:	Fundamentals of Handball Introduce set and dig technique Stamina Fitness Testing, Circuit Continuous	Fundamentals of Handball Introduce set and dig technique Stamina Fitness Testing, Circuit Continuous Running Technique, Pacing, Breathing Control Sprint Technique, Relay Skills – baton exchange, teamwork, timing	Boxing stance, hook, upcut, 10 punch routine Body tension, sequencing Dribbling, passing, attracting and defending	Serve Clear, basic badminton technique. Dribbling, passing, attracting and defending Introduce basic Netball technique	Sprint techniques Pacing Jumping, throwing	Batting, Bowling, Fielding, Throwing, Catching Hitting Serve Clear: basic badminton technique. Batting, Bowling, Fielding, Throwing, Catching Hitting
	Key assessments taking place:	Baseline assessments	Every 6 th lesson pupil's moderation 2 data drops a year	Every 6 th lesson pupil's moderation 2 data drops a year	Every 6 th lesson pupil's moderation	Every 6 th lesson pupil's moderation	Every 6 th lesson pupil's moderation 2 data drops a year







					2 data drops a year	2 data drops a year	
Theory Covered	A01, A02, A03 Cardiovascular fitness, Muscular endurance, muscular strength	Body systems - CV responses to exercise - What happens when we exercise	Body systems - CV responses to exercise - What happens when we exercise. - Increase HR - Increase blood flow	What is the respiratory system?	Energy systems Aerobic and anaerobic	Body systems - Skeletal responses to exercise	
Catholic teachings	Justice and Fairness – Create scenarios where fairness and honesty are emphasized (e.g., self-officiating games) 	Ensure all students participate, adapting activities for different abilities. "How can we show respect and value for everyone's unique gifts during games"	Reflection "How can we bring fairness and justice into the way we treat others in and out of sports?"	Justice and Fairness How can we bring fairness and justice into the way we treat others in and out of sports.	Respect of the body Teach students about proper warm-ups, hydration, and injury prevention.	Justice and Fairness Create scenarios where fairness and honesty are emphasized (e.g., self-officiating games). How can we bring fairness and justice into the way we treat others in and out of sports	
STM Characteristics	Positive Approaches to PE Students will gain	Analysis Students will learn how to	Providing Feedback	Failure Students will	Growth Mindset	Persistence Students	

		an understanding of positive approaches to PE to ensure they get the most from their curriculum	analyse performance in order to provide meaningful and constructive feedback to improve competence in others.	Students will learn how to analyse performance in order to provide meaningful and constructive feedback to improve competence in others. In PE we will watch a performance or action and suggest aspects that the performer did well and what they might do to improve.	understand the term 'failure' and analyse the role it has in learning in day-to-day experiences and in sport. Failure is the act of not succeeding at something and giving up.	Students will gain insight and understanding to the term comfort zones. They will analyse what they deem to be their own comfort zones. Growth Mindset: In a growth mindset, people believe that their most basic abilities can be developed	will understand what persistence is and demonstrate it when faced with a challenge. Persistence: continuing in an opinion or course of action in spite of difficulty or opposition'. The road to success is often paved with plenty of failure, and you shouldn't give up at the first obstacle. Great things can take time, plenty of hard work and the occasional knock back but keep going.
	Key vocab	Cardiovascular fitness, Muscular endurance, muscular strength, Set and dig technique, Stamina	Cardiovascular fitness, Muscular endurance, muscular strength, Set and dig technique, Stamina Fitness Testing,	Hook, jab, uppercut Posture Tension Extension Height Shapes Passing, receiving Inhalation, exhalation	-Serving, overhead clear, drop shot -Cardiovascular fitness -Stamina -Muscular endurance	Explosion Coordination Sprint Hop Skip Take off Flight	Bowling Delivery Overarm Hitting straight Bases Back stop Combinations Swivel Rotates Centre line

		Fitness Testing, Circuit, Continuous	Circuit, Continuous, Running Technique, Pacing, Breathing Control, Relay Skills – baton exchange, teamwork, timing	Body's response to exercise. CV system - Increase HR Increase Blood flow, Sprint Technique,	-speed -muscular strength - Respiratory system - exhalation -Inallation	-Cardiovascular fitness -Stamina -Muscular endurance -speed -muscular strength -Aerobic -Anaerobic -Energy systems	Skeletal system Ligaments, tendons Osteoblast. serve, overhead clear, drop shot.
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Long-Term Plan – Embedding Skills into competitive situations







		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 8	Topics to be covered:	Badminton Volleyball Netball	Basketball Table Tennis Rugby Cross country Indoor Athletics	Volleyball Handball Table-Tennis	Badminton 2 Volleyball Football	Athletics Athletics Athletics	Cricket Rounders Softball
	Skills to be developed:	Under/Over Clears Drop shot, long and short serve Smash, set, dig Footwork fundamentals Passing and Receiving	Ball Handling, Dribbling, Passing Top Spins Back Spin Drive Passing, Catching, Running with the Ball Endurance Fitness Awareness Turning off the blocks, baton exchange.	Dig/set/Spike Serving Passing & Receiving Movement & Footwork Top Spins Back Spin Drive	Under/Over Clears Drop shot Footwork fundamentals Passing and Receiving Interval – HIIT Aerobic/Anaerobic Training	Shot Long Jump Technique Pacing	Forward drive pull shot pace bowling Throwing long Hitting on time/Late/early

Theory	Energy system, Calorie consumption vs expenditure 	Energy intake vs expenditure, Food groups (carbohydrates) 	Food groups (proteins) 	Nutrition Food groups (fats) 	Vitamins, Minerals, Fibre, Water 	Diet Recap	
Catholic Teachings	Justice and Fairness - Create scenarios where fairness and honesty are emphasized (e.g., self-officiating games).	Stewardship Outdoor activities like walks and cross country, orienteering, or maintaining a clean activity environment.	Reflection "How can we bring fairness and justice into the way we treat others in and out of sports?"	Justice and Fairness How can we bring fairness and justice into the way we treat others in and out of sports.	Respect of the body Teach students about proper warm-ups, hydration, and injury prevention.	Justice and Fairness Create scenarios where fairness and honesty are emphasized (e.g., self-officiating games). How can we bring fairness and justice into the way we treat others in and out of sports	
STM Characteristics	<u>Resilience:</u> Students will develop an understanding of the term 'resilience' and be encouraged to demonstrate	<u>Sportsmanship</u> Students will understand good sportsmanship and the	<u>Empathy</u> Students will understand what is meant by the term empathy and consider appropriate	<u>Patience</u> Students will understand what is meant by and how to 	<u>Adaptability</u> Students will learn about adaptability; the benefits of change and	<u>Respect</u> Students will learn respect through sports and sporting etiquette. They will learn	

		this concept.	importance of demonstrating good behaviours after competition.	reactions to different feelings presented by others	demonstrate patience. Students will also have an opportunity to reflect on the importance of demonstrating patience, in different settings.	having an open mindset. They will be given the opportunity to reflect on when and why you need to be adaptable, in PE and other settings.	what the term means, and how to demonstrate respect.
	Key assessments taking place:	Every 6 th lesson pupil's moderation 2 data drops a year	Every 6 th lesson pupil's moderation 2 data drops a year	Every 6 th lesson pupil's moderation 2 data drops a year	Every 6 th lesson pupil's moderation 2 data drops a year	Every 6 th lesson pupil's moderation 2 data drops a year	Every 6 th lesson pupil's moderation 2 data drops a year
	Key vocab	Flick and push Follow through Extension Ball handling Clearing Feinting Digging Setting Passing Serving -Carbohydrates -Energy balance -Calories	Double dribble, travel, dribbling Tackling Evasion skills Top spin and Chop Drive Cross Court Endurance Fitness Awareness Turning off the blocks, baton exchange. Carbohydrates	Digging Setting Spiking Serving Passing & Receiving Movement & Footwork Top spin and Chop Drive	Under/Over Clears Drop shot Footwork fundamentals Passing and Receiving Interval – HIIT Aerobic/Anaerobic Training Fats	Chin/Knee/Toe Drive hips Open shoulders Distribute energy Fatigue Body sync and mind	Pace Spin Drive Block Pull Timing hand eye-coordination Speed agility quickness

Long-Term Plan – Applying and Developing Skills in challenging situations

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 9	Topics to be covered:	Badminton Volleyball Netball	Basketball Table Tennis Rugby Cross country Indoor Athletics	Volleyball Handball Table-Tennis	Badminton 2 Volleyball Football	Athletics Athletics Athletics	Cricket Rounders Softball
	Skills to be developed:	Smash/Drive/Net Attacking Shots Net Play, Defending Attacking play, movement and dodging, defending.	Attacking Play, Defending, Decision Making, Rules & Game Awareness Spin Awareness, Shot Placement, Receiving Serve, Rules & Scoring Defensive Skills, Kicking Decision Making, Rules & Game Understanding Mental Resilience, Goal Setting, Health & Safety	Defending, Communication Decision Making Rules & Rotations Attacking Play, Decision Making, Rules & Game Understanding Shot Placement, Receiving Serve, reading spin Rules & Scoring	Smash/Drive/Net Defending, Communication Decision Making Rules & Rotations Movement & Positioning – creating space, supporting play Defending – tackling, marking, intercepting passes Attacking Play – combination play, use of width	Discus High Jump Relay racing Baton change	Cut shot hook shot leg/off side Running bases Striking ball Timing
	Key assessments taking place:	Every 6 th lesson pupil's moderation 2 data drops a year	Every 6 th lesson pupil's moderation 2 data drops a year	Every 6 th lesson pupil's moderation 2 data drops a year	Every 6 th lesson pupil's moderation 2 data drops a year	Every 6 th lesson pupil's complete assessment booklet	Every 6 th lesson pupil's complete assessment booklet

	Theory	<p>Body systems - CV</p>  <p>responses to exercise- Cardiac output = stroke volume x heart rate Heart rate at rest is 60-80 bpm. As we exercise, all these values increase.</p> 	<p>Respiratory system is responsible for getting more air into the lungs and removing more waste products</p> <p>-Inhalation: Thoracic cavity increases in size further and air pressure in the lung drops further</p>  <p>-Inhalation: More air rushes in</p> <p>-Exhalation: More air rushes out</p> <p>-Exhalation: Thoracic cavity decreases in size further and air pressure in the lung increases further</p> 	<p>Body systems - Muscular responses to exercise</p> <p>-Increased temperature leads to a greater ability of the muscle tissue</p> <p>-Muscles contract with more force through a wider range of motion</p> <p>-As exercise intensity increases, larger groups of muscle fibres are recruited</p> 	<p>Body systems - Skeletal responses to exercise</p> <p>-Synovial fluid becomes warmer</p> <p>-Synovial fluid becomes less viscous</p> <p>-Joints increase in range of movement</p>	<p>Long term adaptations: CV System</p>  <p>-Increased strength of heart contraction</p> <p>-Increased resting stroke volume</p> <p>-Decreased resting heart rate</p> <p>- Increased maximal cardiac output</p>	<p>Long term adaptations: Muscular System</p> <ul style="list-style-type: none"> - Increased strength of muscle contractions - Increase in muscle cross-sectional area - Increased speed of muscle contractions - Ability to apply force through a greater RoM
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STM Characte ristics	<u>Etiquette:</u> Students will follow on from the lesson on respect and continue to reflect on the importance of and how to show good etiquette	<u>Fairplay</u> Students will learn the value and importance of rules and its role in ensuring fairness.	<u>Courage</u> Students will learn about what courage is and attempt to reflect on what may look like in PE and different settings.	<u>Winning and Losing</u> Students will understand good sportsmanship and the importance of demonstrating good behaviours after competition.	<u>Reflection</u> Students will understand what is meant by the term 'reflection' and to be able to apply this knowledge to PE, Sport and further aspects of life.	<u>Etiquette:</u> Students will follow on from the lesson on respect and continue to reflect on the importance of and how to show good etiquette
Catholic Teaching s	Justice and Fairness - Create scenarios where fairness and honesty are emphasized (e.g., self-officiating games).	Stewardship Outdoor activities like walks and cross country, orienteering, or maintaining a clean activity environment.	Reflection "How can we bring fairness and justice into the way we treat others in and out of sports?"	Justice and Fairness How can we bring fairness and justice into the way we treat others in and out of sports.	Respect of the body Teach students about proper warm-ups, hydration, and injury prevention.	Justice and Fairness Create scenarios where fairness and honesty are emphasized (e.g., self-officiating games). How can we bring fairness and justice into the way we treat others in and out of sports
Key vocab	Smash/Drive/Net Attacking Shots Net Play, Defending Attacking play, movement and dodging,	Attacking Play,Defending, Decision Making, Rules & Game Awareness	Blocking and Dinking Control Height Sliding Rotation Aesthetically pleasing Consistent height Slice Swerve Power	Power fast wrist action follow through Deft Repossession, Intercepting,	Rotation Low to High Hip Spin Explosive Fosbury flop Approach take off bar rotation Acceleration	Batting technique Cut/pull/hook Speed Timing Judgement Tactics

		defending, cv system, etiquette	Spin Awareness, Shot Placement, Receiving Serve, Rules & Scoring Defensive Skills, Kicking Decision Making, Rules & Game Understanding Mental Resilience, Goal Setting, Health & Safety, Respiratory system, waste product	Control Smash Loop	Covering, Delaying holding space Set Reps Strength Power Explosion Anaerobic/aerobic	Timing upsweep down sweep	Endurance Speed Power Co-ordination
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Long term Plan: Year 10

<p>Topics to be covered: Year 10</p>	<p>1a B Rugby / Foot / G Net / Bad M Volleyball / Table Tennis</p>	<p>1b B Handball / Foot G Fitness / Volleyball M Dodgeball / Badminton</p>	<p>2a B Volleyball/Rugby G Dance/Pickleball M Fitness/ Handball</p>	<p>2b M Basketball/ strike and field B table tennis/ basketball G Handball/Hockey</p>	<p>3a M Athletics B Athletics G Athletics</p>	<p>3b Cricket Rounders Softball</p>
<p>Skills to be developed:</p>	<p>Baseline & Handling Skills – Passing (spin/pop), catching, assessment games Running & Evasion – Side step, swerve, fend. Ball protection, advanced passing, and defensive pressing.Attacking Tactics – Overloads, counter-attacks Defensive Tactics: Pressing, zonal vs man marking Footwork & Movement – Landing, pivoting, dodging Passing & Timing – Chest, bounce, shoulder pass Serving Skills – High serve, low serve (rules and accuracy) Overhead Clear – Technique, recovery to base position Drop Shot – Disguise and control</p>	<p>Attacking Tactics – Overlaps, fast breaks Defensive Systems – Man-to-man, zone defence Goalkeeping Basics – Positioning and shot stopping Transition Play – Attack to defence, fast break recovery Ball protection, advanced passing, and defensive pressing.Attacking Tactics – Overloads, counter-attacks Defensive Tactics: Pressing, zonal vs man marking Cardiovascular fitness Muscular strength Muscular endurance Flexibility Body composition Health, lifestyle & training principles</p>	<p>Jump serve (introduced) Jump spike Blocking timing and positioning Advanced defensive positioning Accurate setting under pressure Breakdown Skills – Ruck technique, ball presentation, support play Defensive Organisation – Line speed, drift defence Attacking Principles – Depth, width, continuity Basic movement vocabulary – Performing core dance actions (travel, turn, jump, gesture) with control.</p>	<p>1v1 offensive moves & dribbling Advanced passing under pressure Shooting consistency & scoring under contest Defensive rotations & anticipation Team tactics & strategy implementation Strike and field Consistent fielding and catching Advanced batting techniques and shot selection Bowling with strategy and variation Grip – Shakehand grip, ready position, rally assessment</p>	<p>Sprint techniques Pacing Shot Long Triple Jump Technique</p>	<p>Forward drive pull shot pace bowling Throwing long Hitting on time/Late/early Combinations Blocking Parrying Slip Rolls on move</p>

<p>Net Play – Net shot, net kill, tumbling net shot (intro)</p> <p>Jump serve (introduced) Jump spike Blocking timing and positioning Advanced defensive positioning Accurate setting under pressure</p> <p>Grip – Shakehand grip, ready position, rally assessment Forehand Drive – Technique, timing, control Backhand Drive – Technique and recovery Serving Rules & Technique – Legal serve, placement Push Shot – Backspin control, touch</p>	<p>Jump serve (introduced) Jump spike Blocking timing and positioning Advanced defensive positioning Accurate setting under pressure</p> <p>Accurate throwing techniques (overarm and push throws) Catching and ball control (reaction and two-handed catching) Dodging and evasion skills (side-steps, feints, change of direction) Defensive techniques (blocking, shielding, positioning)</p> <p>Serving Skills – High serve, low serve (rules and accuracy) Overhead Clear – Technique, recovery to base position Drop Shot – Disguise and control Net Play – Net shot, net kill, tumbling net shot (intro)</p>	<p>Timing & rhythm – Moving accurately in time with music and counting phrases (4s, 8s). Choreographic devices – Applying canon, unison, repetition, and variation appropriately.</p> <p>Grip & Ready Position – Correct paddle grip and athletic stance to prepare for all shots. Forehand & Backhand Control – Consistent execution of basic groundstrokes to sustain rallies. Legal Underarm Serving – Accurate, controlled serves following official pickleball rules. Serve Return Accuracy – Controlled returns focusing on depth and placement. Rally Consistency – Maintaining cooperative and competitive rallies</p>	<p>Forehand Drive – Technique, timing, control Backhand Drive – Technique and recovery Serving Rules & Technique – Legal serve, placement Push Shot – Backspin control, touch <u>Basketball</u> 1v1 offensive moves & dribbling</p> <p>Advanced passing under pressure Shooting consistency & scoring under contest Defensive rotations & anticipation Team tactics & strategy implementation</p> <p>Attacking Tactics – Overlaps, fast breaks Defensive Systems – Man-to-man, zone defence</p>		
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			<p>under pressure.</p> <p>Cardiovascular fitness Muscular strength Muscular endurance Flexibility Body composition Health, lifestyle & training principles</p> <p>Attacking Tactics – Overlaps, fast breaks</p> <p>Defensive Systems – Man-to-man, zone defence</p> <p>Goalkeeping Basics – Positioning and shot stopping</p> <p>Transition Play – Attack to defence, fast break recovery</p>	<p>Goalkeeping Basics – Positioning and shot stopping</p> <p>Transition Play – Attack to defence, fast break recovery</p> <p>Hockey</p> <p>Slap hit – Controlled hit without a full backswing.</p> <p>Flick – Lifting the ball into the air using the stick.</p> <p>Tackle – Attempt to win the ball from an opponent.</p> <p>Reverse stick – Using the rounded side of the stick (legal for stopping only).</p>	
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Long-Term Plan Year 11

	Term 1a	Term 1b	Term 2a	Term 2b
Topics to be covered:	<p>B Rugby / Foot / G Net / Bad M Volleyball / Table Tennis</p>	<p>B Handball / Foot G Fitness / Volleyball M Dodgeball / Badminton</p>	<p>B Volleyball/Rugby G Dance/Pickleball M Fitness/ Boxing</p>	<p>M Basketball/ strike and field B table tennis/ basketball G Handball/Volleyball</p>
Skills to be developed:	<p>Defensive Organisation – Line speed, drift defence Attacking Principles – Depth, width, continuity</p> <p>Baseline & Ball Mastery – Dribbling, control, assessment games Passing & Movement – Short/long passing, give-and-go Receiving & Turning – First touch, shielding, awareness</p> <p>Shooting Technique – Set shot, movement into the circle Defensive Skills – Interception, marking, 3-foot rule Principles of Play – Width, depth, support, timing</p> <p>Advanced Overhead Play – Clear, drop, smash variation Deception & Disguise</p>	<p>Advanced Shooting – Jump shot variations, accuracy Advanced Attacking Play – Creating and exploiting space Advanced Defending – Interceptions, blocking, pressing Position-Specific Roles – Wings, backcourt, pivot, goalkeeper Football First touch under pressure One-touch and two-touch play in tight spaces Controlling aerial balls while being pressed</p> <p>Two-footed mastery Passing, receiving, and finishing confidently with both feet Weak-foot shooting in the box</p> <p>Advanced passing range Disguised passes (no-look, reverse, clipped balls) Through balls between defensive lines</p>	<p>Volleyball Advanced Serving – Float serve (intro) Advanced Attacking – Spiking technique and timing Blocking & Net Defence – Timing and safety Team Systems – 3-touch attack patterns Rugby Attacking play & support lines – running correct lines, fixing defenders, creating overlaps, and maintaining continuity after contact.</p> <p>Breakdown & contact skills – strong ball presentation, rucking technique, securing quick ball, and competing legally at the breakdown. Tactical awareness & game management – reading space, decision-making (kick/pass/carry), communication, leadership, and controlling tempo.</p>	<p>Basketball Dribbling & ball control – maintaining control under pressure, using both hands, changing speed and direction effectively. Passing & receiving – accurate chest, bounce, and overhead passes; catching on the move and under defensive pressure. Shooting & scoring – correct technique for jump shots, set shots, and lay-ups; selecting appropriate shots under game conditions. Strike/field Striking & hitting technique – developing consistent contact with the ball using correct grip, stance, and follow-through for batting, hockey, or cricket-style striking. Fielding & catching – improving hand-eye coordination, catching under pressure, accurate throws to bases or targets, and quick retrievals. Tactical awareness & positioning – understanding field placement, anticipating play, supporting teammates, and making effective decisions during games.</p> <p>Table Tennis Advanced Forehand & Backhand Drive</p>

<p>Advanced Net Play – Tight net shots, interceptions Positioning & Shot Anticipation</p> <p>Advanced Defending – Anticipation, interception Position-Specific Roles – Attack, mid-court, defence</p> <p>Serving Skills – High serve, low serve (rules and accuracy) Overhead Clear – Technique, recovery to base position Drop Shot – Disguise and control Net Play – Net shot, net kill, tumbling net shot (intro)</p> <p>Advanced Serving – Float serve (intro) Advanced Attacking – Spiking technique and timing Blocking & Net Defence – Timing and safety Team Systems – 3-touch attack patterns</p> <p>Advanced Forehand & Backhand Drive Topspin Technique – Forehand topspin</p>	<p>Cardiovascular fitness Muscular strength Muscular endurance Flexibility Body composition Health, lifestyle & training principles</p> <p>Advanced Serving – Float serve (intro) Advanced Attacking – Spiking technique and timing Blocking & Net Defence – Timing and safety Team Systems – 3-touch attack patterns</p> <p>Advanced throwing skills – accurate, fast and disguised throws (overarm, sidearm, underarm) used effectively under pressure. Catching under pressure – secure two-handed and reaction catches to eliminate opponents and retain team advantage. Dodging & movement – quick footwork, feints, changes of direction and spatial awareness to avoid multiple throws. Tactical decision-making –</p>	<p>Dance Advanced technique & body control – precision, alignment, balance, elevation, strength and control in complex movements and transitions.</p> <p>Choreographic skills – creating, developing and structuring motifs using actions, space, dynamics and relationships (ASDR).</p> <p>Performance quality & expression – strong projection, facial expression, focus, musicality and communication of intent to an audience.</p> <p>Timing, rhythm & musicality – accurate synchronization with music and others, use of counts, accents, and varied tempo.</p> <p>Evaluation, creativity & leadership – analysing performance, refining choreography through feedback, leading group work and demonstrating artistic decision-making.</p>	<p>Topspin Technique – Forehand topspin Serve Variation & Deception Advanced Footwork & Recovery Basketball Dribbling & ball control – maintaining control under pressure, using both hands, changing speed and direction effectively. Passing & receiving – accurate chest, bounce, and overhead passes; catching on the move and under defensive pressure. Shooting & scoring – correct technique for jump shots, set shots, and lay-ups; selecting appropriate shot</p> <p>Handball Advanced Shooting – Jump shot variations, accuracy Advanced Attacking Play – Creating and exploiting space Advanced Defending – Interceptions, blocking, pressing Position-Specific Roles – Wings, backcourt, pivot, goalkeeper</p> <p>Volleyball Advanced Serving – Float serve (intro) Advanced Attacking – Spiking technique and timing Blocking & Net Defence – Timing and safety Team Systems – 3-touch attack patterns</p>
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	<p>Serve Variation & Deception Advanced Footwork & Recovery</p>	<p>intelligent target selection, coordinated team attacks, defensive positioning and game management.</p> <p>Serving Skills – High serve, low serve (rules and accuracy) Overhead Clear – Technique, recovery to base position Drop Shot – Disguise and control Net Play – Net shot, net kill, tumbling net shot (intro)</p>	<p>Pickleball Serve & return consistency – accurate underarm serves and controlled returns to start rallies effectively and apply early pressure.</p> <p>Rally control & shot selection – sustaining rallies using clear decision-making (when to dink, drive, or lob). Movement & court positioning – efficient footwork, recovery to the ready position, and understanding basic doubles positioning. Net play & soft shots – developing touch at the non-volley zone (dinking), controlled volleys, and avoiding unnecessary faults. Rules, teamwork & communication – applying scoring rules correctly, cooperating with partners, calling shots, and showing positive sportsmanship.</p> <p>Fitness/boxing Cardiovascular endurance – improving stamina through continuous and interval</p>	
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			<p>activities so students can sustain moderate exercise for longer periods.</p> <p>Muscular strength & endurance</p> <p>Basic stance, guard & footwork – correct boxing stance, balanced movement, maintaining guard, and moving forwards, backwards and sideways safely.</p> <p>Fundamental punching technique – accurate and controlled execution of basic punches (jab, cross, hook) with correct technique and coordination.</p> <p>Fitness, control & discipline – developing cardiovascular fitness, upper-body endurance, self-control, focus, and respect for rules and safety.</p>	
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