



Year 7-10 Games Curriculum 2026-27

	Starts (5) 07/09/26	Starts (5) 12/10/26	Starts (4) 23/11/26	Starts (5) 5/01/27	Starts (6) 8/02/27	Starts (6) 12/04/27	Starts (5) 24/05/27	Starts (2) 05/07/27
Year 7 - 1 Interleaving topic	Gymnastics (SH) Bones & skeleton	Netball Bones & skeleton	Dance (H) Bones & skeleton	Rugby (3G) Preventing injury	Football (3G) Preventing injury	Athletics Goal setting	Cricket Goal setting	Inter-Form Goal setting
Year 7 - 2 Interleaving topic	Netball Bones & skeleton	Rugby (3G) Bones & skeleton	Football (3G) Bones & skeleton	Dance (H) Preventing injury	Gymnastics (SH) Preventing injury	Athletics Goal setting	Cricket Goal setting	Inter-Form Goal setting
Year 7 - 3 Interleaving topic	Rugby Bones & skeleton	Gymnastics (SH) Bones & skeleton	Football (3G) Bones & skeleton	Netball Preventing injury	Dance (H) Preventing injury	Athletics Goal setting	Handball (3G) Goal setting	Inter-Form Goal setting
Year 7 - 4 Interleaving topic	Rugby Bones & skeleton	Football (3G) Bones & skeleton	Netball Bones & skeleton	Gymnastics (SH) Preventing injury	Handball (3G) Preventing injury	Athletics Goal setting	Dance (H) Goal setting	Inter-Form Goal setting
Year 8 - 1 Interleaving topic	Gymnastics (SH) Muscles & roles	Dance (H) Muscles & roles	Football (3G) Muscles & roles	Netball Components of fitness	Handball (3G) Components of fitness	Athletics Mental preparation	Striking & Fielding Mental preparation	Inter-Form Mental preparation
Year 8 - 2 Interleaving topic	Football (3G) Muscles & roles	Netball Muscles & roles	Dance (H) Muscles & roles	Handball (3G) Components of fitness	Gymnastics (SH) Components of fitness	Athletics Mental preparation	Striking & Fielding Mental preparation	Inter-Form Mental preparation
Year 8 - 3 Interleaving topic	Rugby Muscles & roles	Gymnastics (SH) Muscles & roles	Netball Muscles & roles	Handball (3G) Components of fitness	Football (3G) Components of fitness	Athletics Mental preparation	Cricket Mental preparation	Inter-Form Mental preparation
Year 8 - 4 Interleaving topic	Rugby Muscles & roles	Handball (3G) Muscles & roles	Football (3G) Muscles & roles	Gymnastics (SH) Components of fitness	Netball Components of fitness	Athletics Mental preparation	Cricket Mental preparation	Inter-Form Mental preparation
Year 9 - 1 Interleaving topic	Trampolining (H) Movement at joints	Football (3G) Movement at joints	Netball Movement at joints	Badminton (SH) Methods of training	Handball (3G) Methods of training	Athletics Health, fitness, wellbeing	Cricket Health, fitness, wellbeing	Inter-Form Health, fitness, wellbeing
Year 9 - 2 Interleaving topic	Badminton (SH) Movement at joints	Netball Movement at joints	Handball (3G) Movement at joints	Football (3G) Methods of training	Trampolining (H) Methods of training	Athletics Health, fitness, wellbeing	Cricket Health, fitness, wellbeing	Inter-Form Health, fitness, wellbeing
Year 9 - 3 Interleaving topic	Rugby Movement at joints	Table Tennis (SH) Movement at joints	Trampolining (H) Movement at joints	Handball (3G) Methods of training	Football (3G) Methods of training	Athletics Health, fitness, wellbeing	Striking & Fielding Health, fitness, wellbeing	Inter-Form Health, fitness, wellbeing
Year 9 - 4 Interleaving topic	Rugby Movement at joints	Handball (3G) Movement at joints	Football (3G) Movement at joints	Trampolining (H) Methods of training	Table Tennis (SH) Methods of training	Athletics Health, fitness, wellbeing	Striking & Fielding Health, fitness, wellbeing	Inter-Form Health, fitness, wellbeing
Year 10 - 1 GCSE	Badminton (SH)	Netball	Football (3G)	Handball (3G)	Trampolining (H)	Athletics	Striking & Fielding	Inter-Form
Year 10 - 2	Handball (3G)	Badminton (SH)	Netball	Trampolining (H)	Football (3G)	Athletics	Striking & Fielding	Inter-Form
Year 10 - 3 GCSE	Rugby	Football (3G)	Trampolining (H)	Handball (3G)	Table Tennis (SH)	Athletics	Cricket	Inter-Form
Year 10 - 4	Rugby	Trampolining (H)	Football	Basketball (SH)	Handball (3G)	Athletics	Cricket	Inter-Form



Year 11 Games Curriculum 2026-27

	Starts (7) 07/09/26	Starts (7) 02/11/26	Starts (9) 05/01/27	Starts (5) 15/03/27
Year 11 - 1 GCSE	Trampolining (H)	Netball	Badminton (SH)	Options
Year 11 - 2	Netball	Badminton (SH)	HRF	Options
Year 11 - 3 GCSE	Table Tennis (SH)	Handball (3G)	Football (3G)	Options
Year 11 - 4	Football (3G)	Handball (3G)	Trampolining (H)	Options



Athletics Rotation 2026-27

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9
Year 7 - 1	Middle	High Jump	Sprint	Hurdles	Javelin	Relay	Shot	Discus	Long Jump
Year 7 - 2	Long Jump	Hurdles	High Jump	Middle	Sprint	Discus	Relay	Shot	Javelin
Year 7 - 3	High Jump	Middle	Hurdles	Javelin	Discus	Sprint	Long Jump	Relay	Shot
Year 7 - 4	Shot	Long Jump	Discus	High Jump	Hurdles	Javelin	Middle	Sprint	Relay
Year 8 - 1	Middle	High Jump	Sprint/Rel	Hurdles	Javelin	Triple	Shot	Discus	Long Jump
Year 8 - 2	Long Jump	Hurdles	High Jump	Middle	Triple	Discus	Sprint/Rel	Shot	Javelin
Year 8 - 3	High Jump	Middle	Hurdles	Javelin	Discus	Sprint/Rel	Long Jump	Triple	Shot
Year 8 - 4	Shot	Long Jump	Triple	High Jump	Hurdles	Javelin	Middle	Sprint/Rel	Discus
Year 9 - 1	Middle	High Jump	Sprint/Rel	Hurdles	Javelin	Triple	Shot	Discus	Long Jump
Year 9 - 2	Long Jump	Hurdles	High Jump	Middle	Triple	Discus	Sprint/Rel	Shot	Javelin
Year 9 - 3	High Jump	Middle	Hurdles	Javelin	Discus	Sprint/Rel	Long Jump	Triple	Shot
Year 9 - 4	Shot	Long Jump	Triple	High Jump	Hurdles	Javelin	Middle	Sprint/Rel	Discus
Year 10 - 1	Middle	High Jump	Sprint/Rel	Hurdles	Javelin	Triple	Shot	Discus	Long Jump
Year 10 - 2	Long Jump	Hurdles	High Jump	Middle	Triple	Discus	Sprint/Rel	Shot	Javelin
Year 10 - 3	High Jump	Middle	Hurdles	Javelin	Discus	Sprint/Rel	Long Jump	Triple	Shot
Year 10 - 4	Shot	Long Jump	Triple	High Jump	Hurdles	Javelin	Middle	Sprint/Rel	Discus