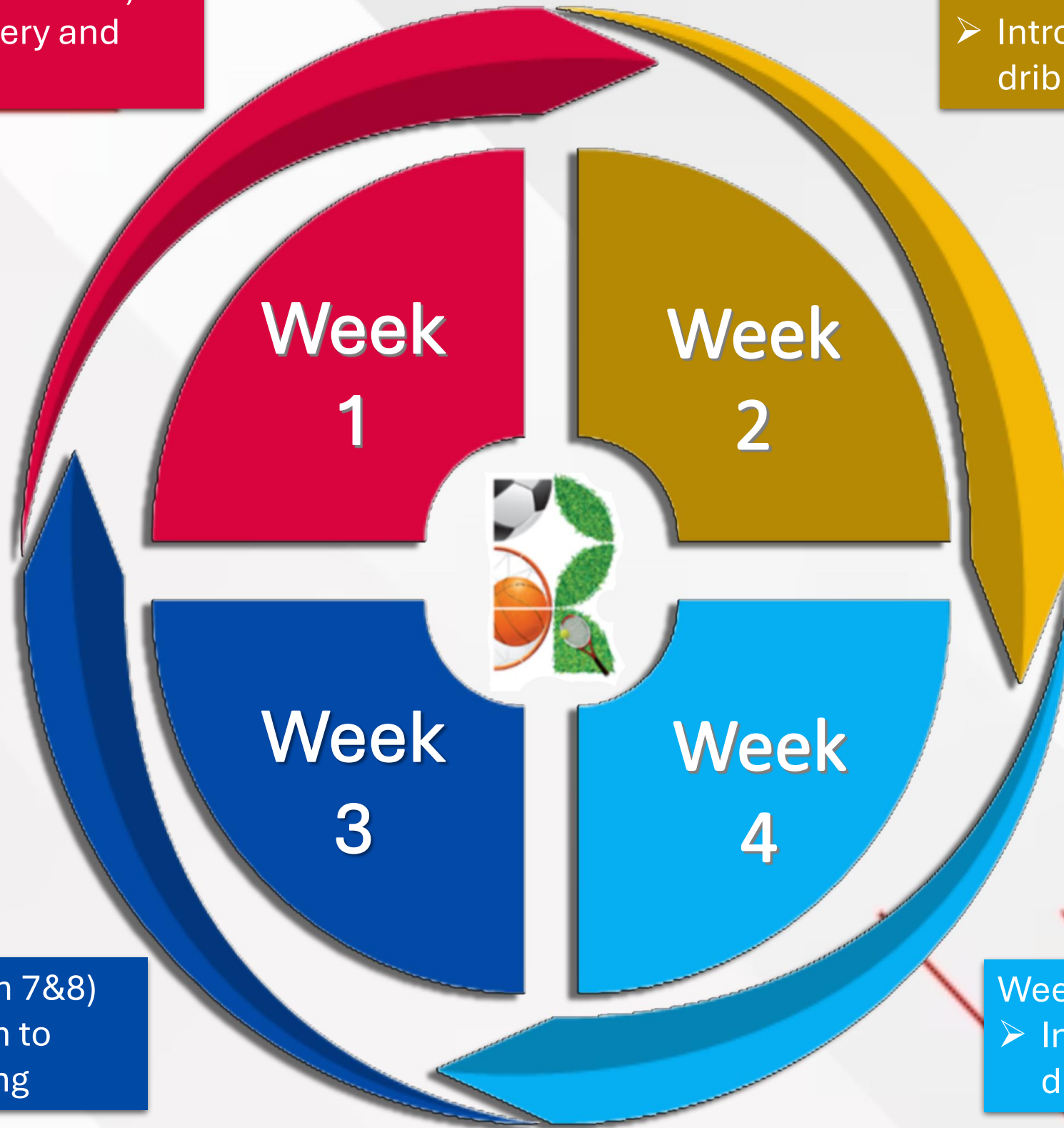


Week 1 (lesson 1&2)
➤ Ball Mastery and control

Week 2 (lesson 3&4)
➤ Introduction to dribbling



Week 4 (lesson 7&8)
➤ Introduction to short passing

Week 3 (lesson 5&6)
➤ Introduction to defending

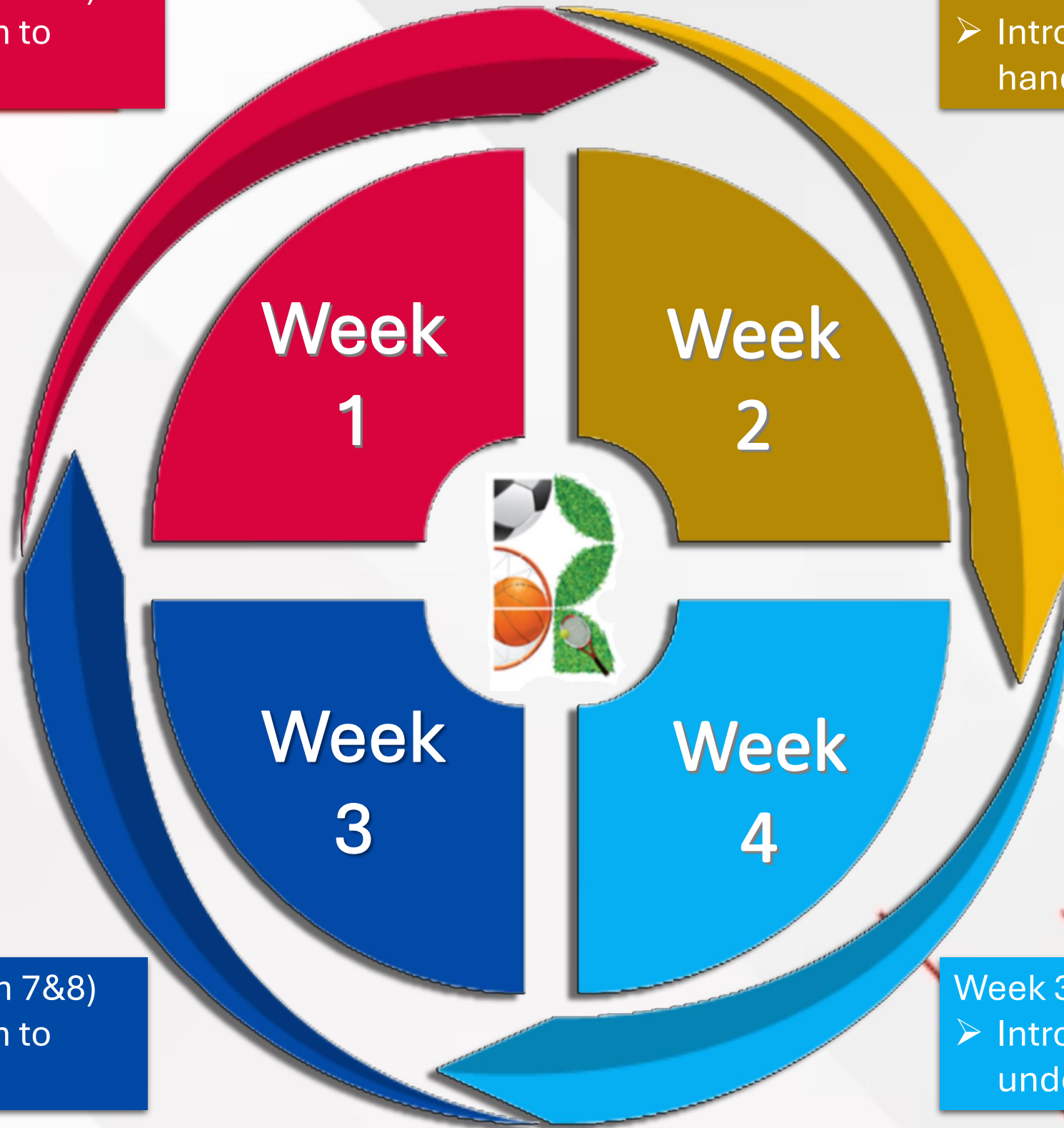
Year 7 Football Journey

Week 1 (lesson 1&2)

- Introduction to Badminton

Week 2 (lesson 3&4)

- Introduction to back hand serve



Week 4 (lesson 7&8)

- Introduction to smash shot

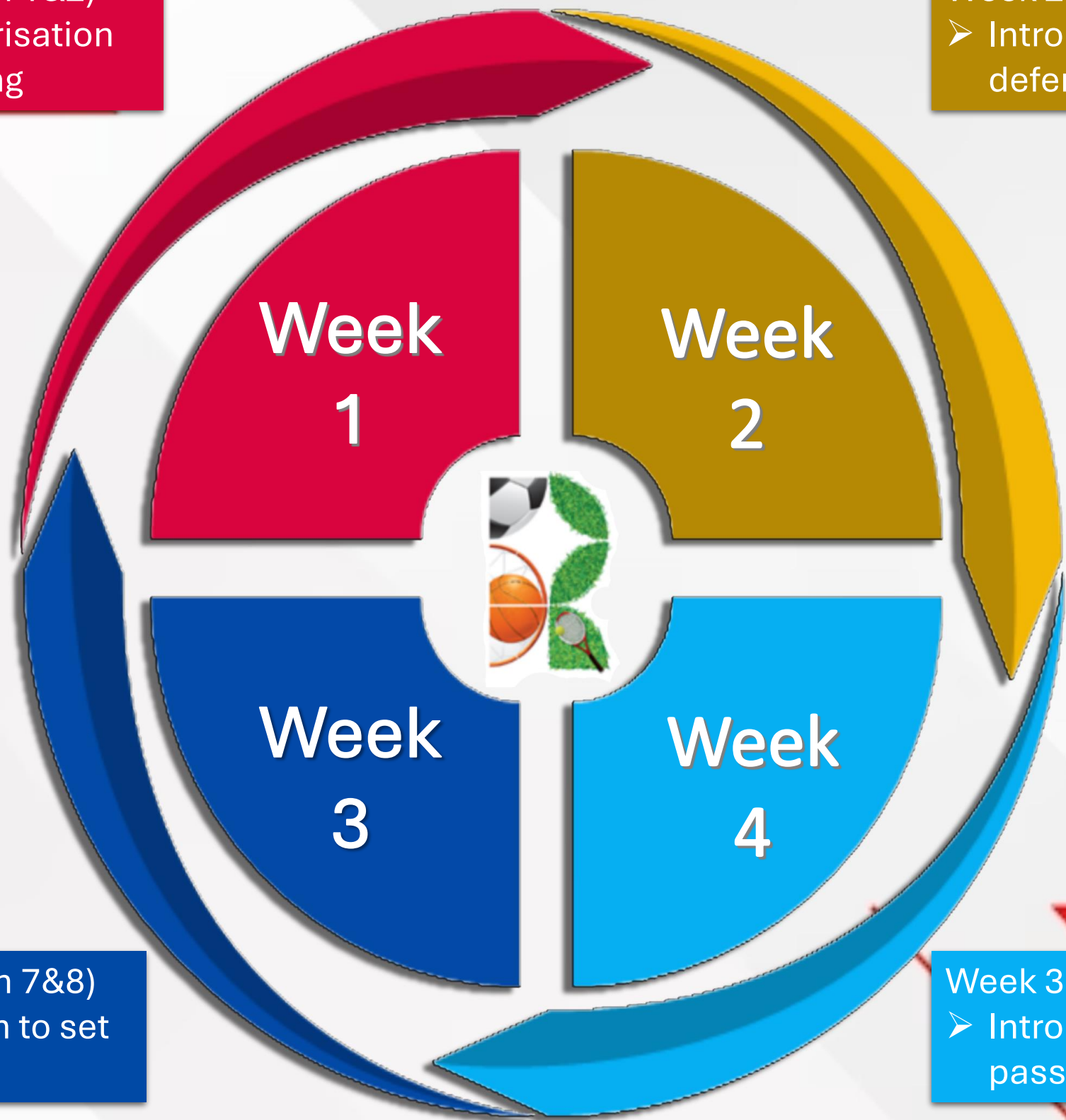
Week 3 (lesson 5&6)

- Introduction to underarm clear/lift

Year 7 Badminton Journey

Week 1 (lesson 1&2)
➤ Ball familiarisation
and dribbling

Week 2 (lesson 3&4)
➤ Introduction to
defending



Week 4 (lesson 7&8)
➤ Introduction to set
shot

Week 3 (lesson 5&6)
➤ Introduction to
passing

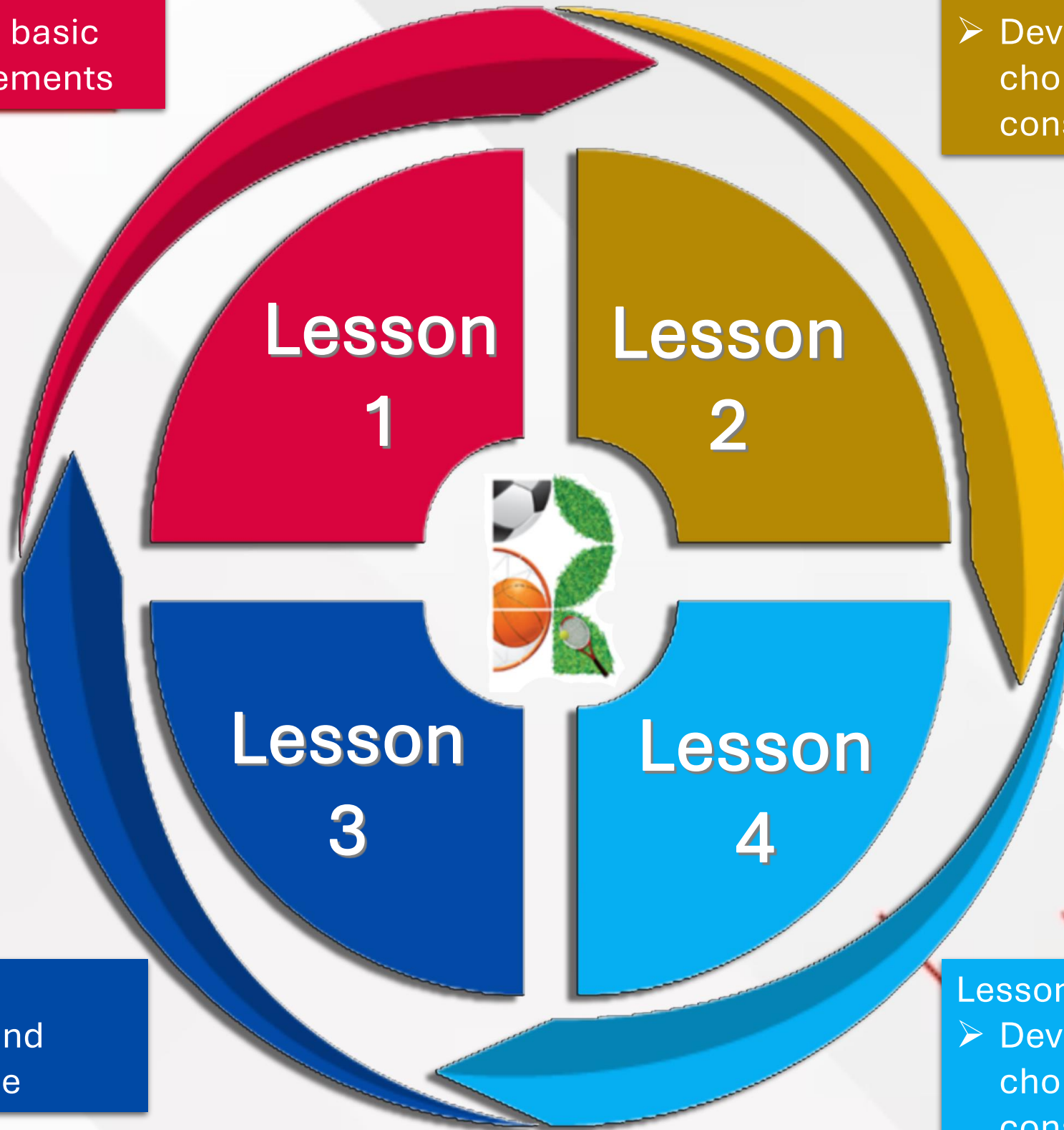
Year 7 Basketball Journey

Lesson 1

- Culture and basic action movements

Lesson 2

- Developing choreography to consider relationships



Lesson 4

- Rehearsal and performance

Lesson 3

- Developing choreography to consider space and dynamics

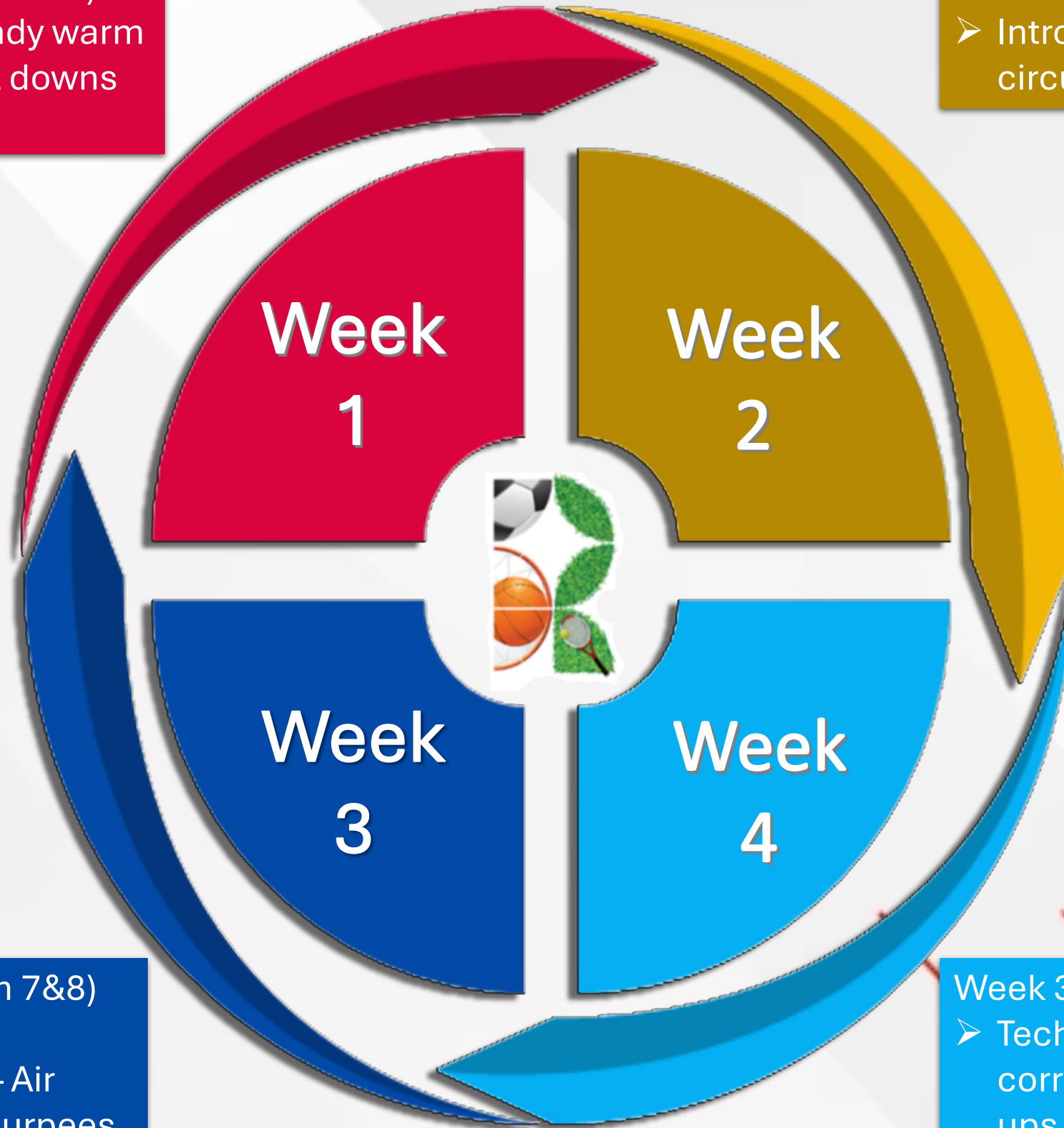
Year 7 Dance Journey

Week 1 (lesson 1&2)

- Rossett Ready warm up and cool downs routine

Week 2 (lesson 3&4)

- Introduction to circuit training



Week 4 (lesson 7&8)

- Technique correction – Air squat and burpees

Week 3 (lesson 5&6)

- Technique correction – press ups and sit ups

Year 7 HRF Journey

Lesson 1

➤ Individual Balances

Lesson 2

➤ Rotations



Lesson 4

➤ Rehearsal and performance

Lesson 3

➤ Linking rotations and partner balances

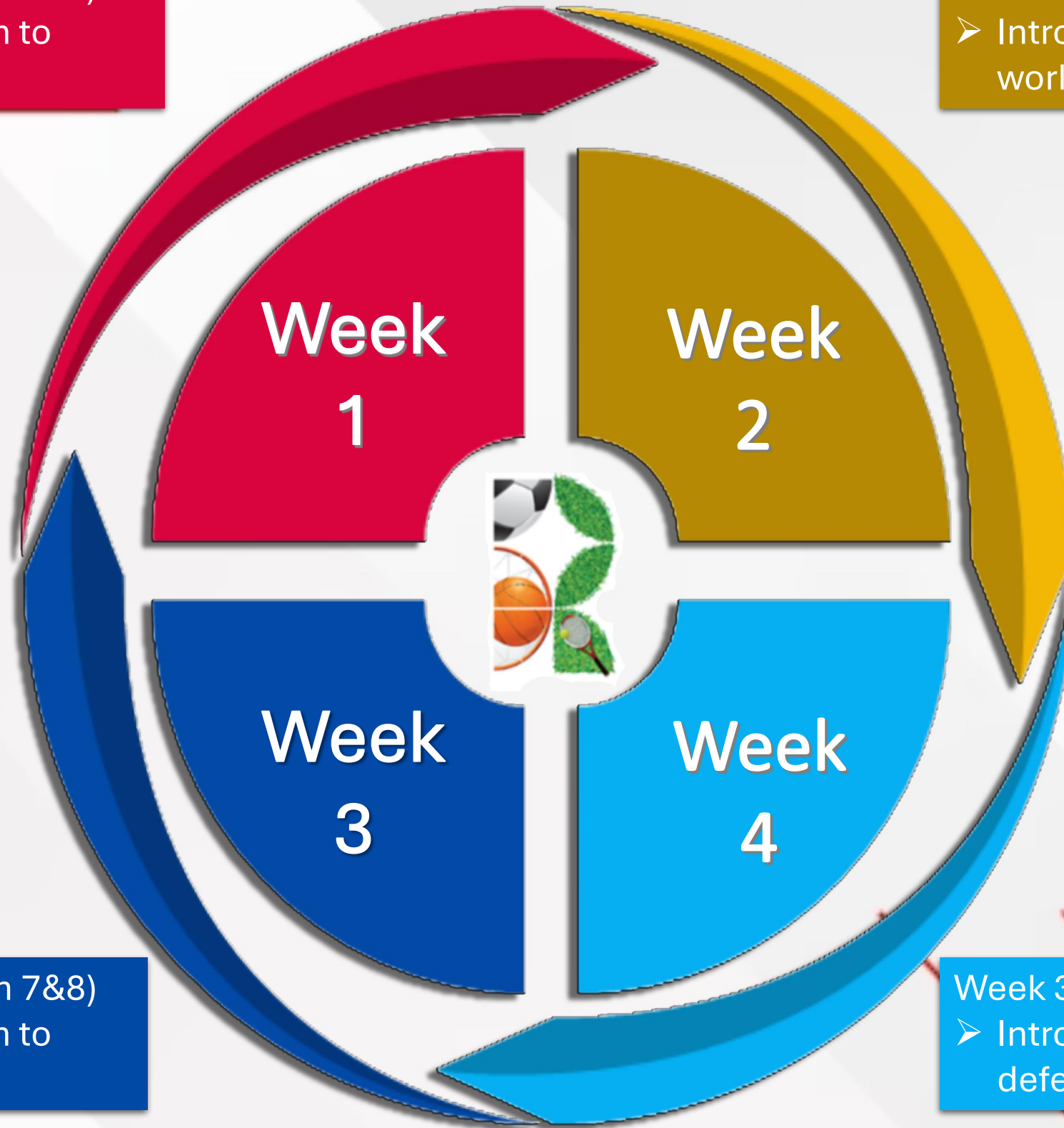
Year 7 Gymnastics Journey

Week 1 (lesson 1&2)

➤ Introduction to passing

Week 2 (lesson 3&4)

➤ Introduction to foot work rule



Week 4 (lesson 7&8)

➤ Introduction to shooting

Week 3 (lesson 5&6)

➤ Introduction to defending

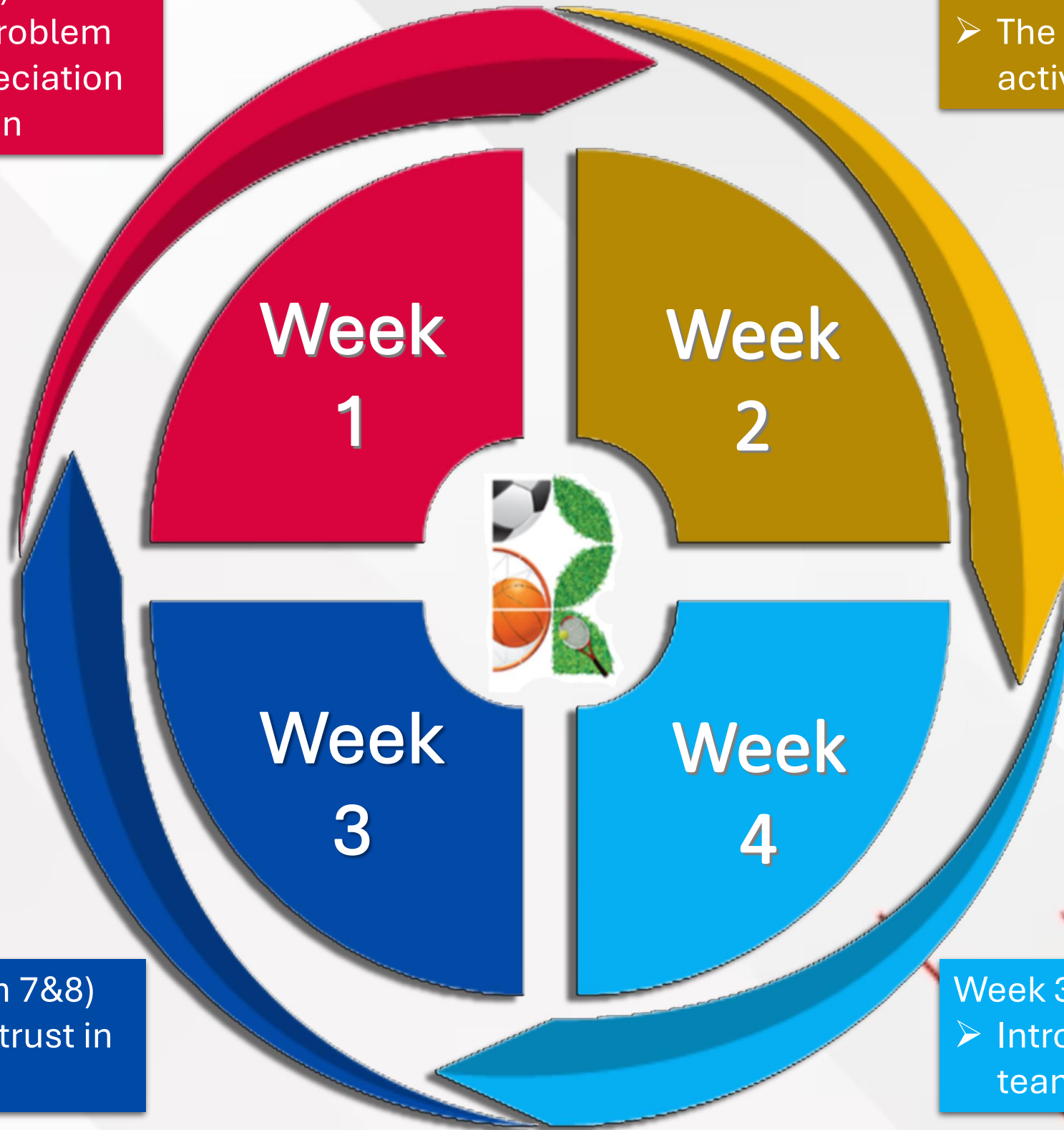
Year 7 Netball Journey

Week 1 (lesson 1&2)

- Introduction to problem solving and appreciation of communication

Week 2 (lesson 3&4)

- The importance of active listening



Week 4 (lesson 7&8)

- Developing trust in a team

Week 3 (lesson 5&6)

- Introduction to teamwork

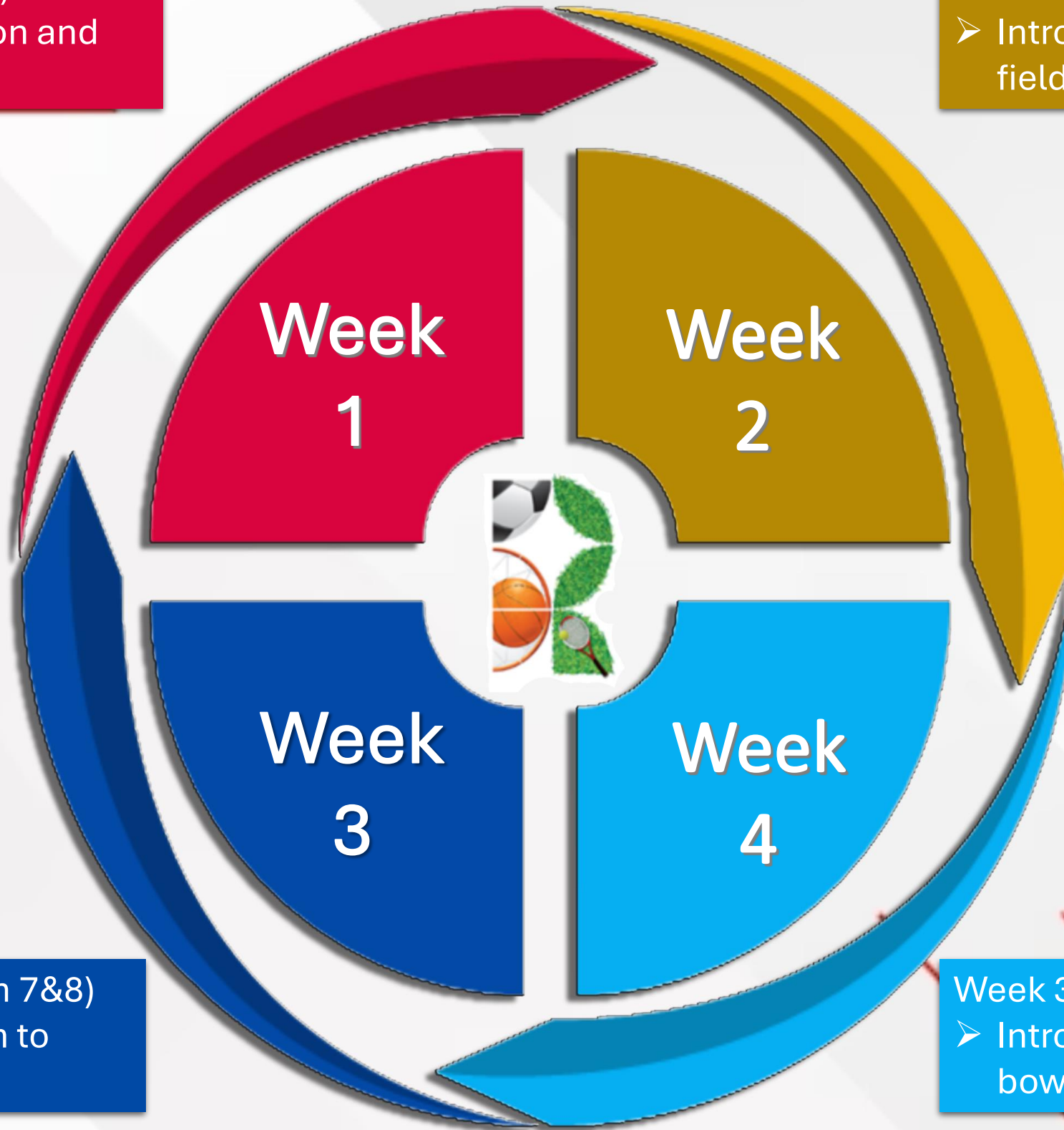
Year 7 Problem Solving Journey

Week 1 (lesson 1&2)

- Ball familiarisation and catching

Week 2 (lesson 3&4)

- Introduction to fielding



Week 4 (lesson 7&8)

- Introduction to batting

Week 3 (lesson 5&6)

- Introduction to bowling

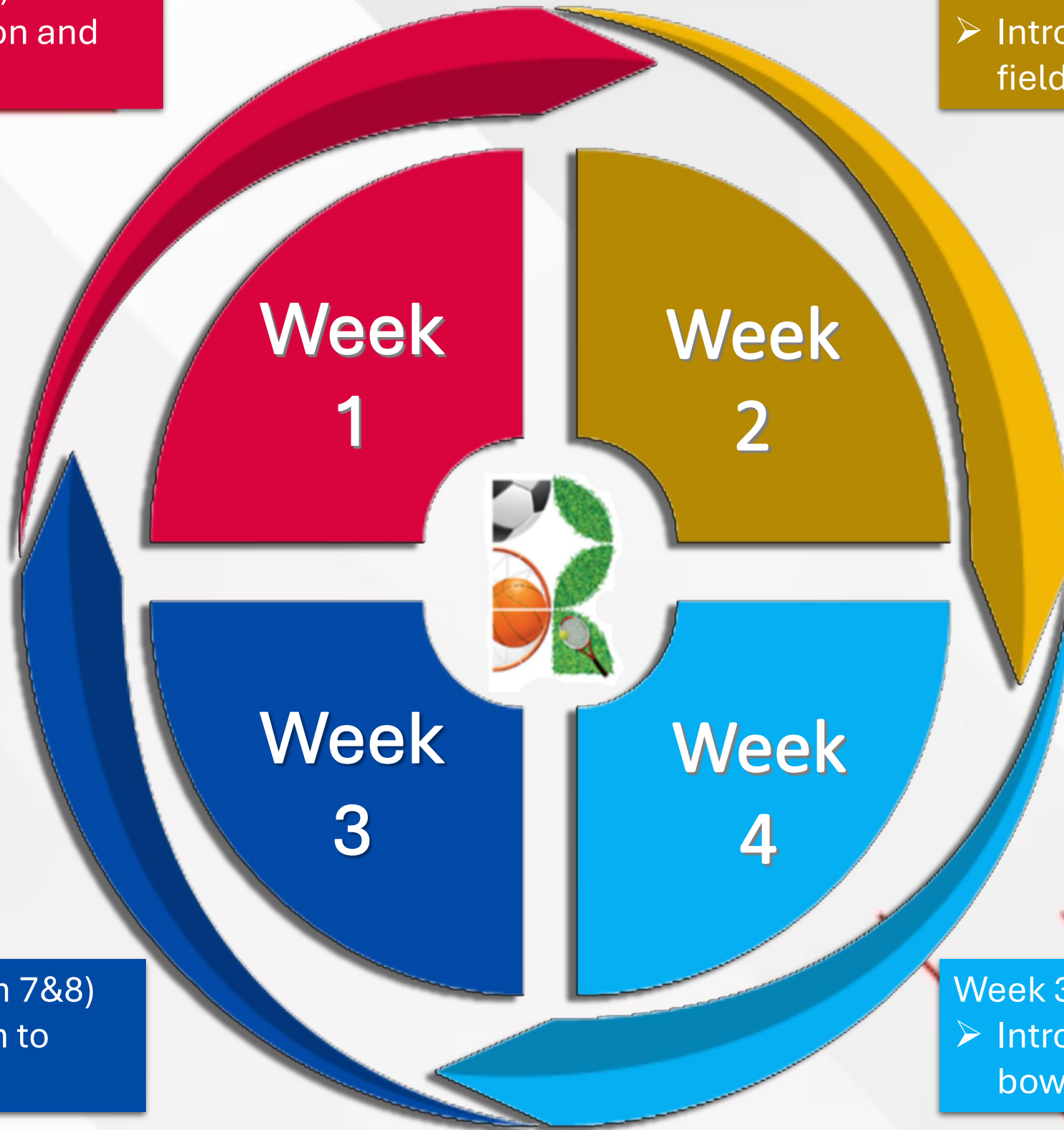
Year 7 Rounders Journey

Week 1 (lesson 1&2)

- Ball familiarisation and catching

Week 2 (lesson 3&4)

- Introduction to fielding



Week 4 (lesson 7&8)

- Introduction to batting

Week 3 (lesson 5&6)

- Introduction to bowling

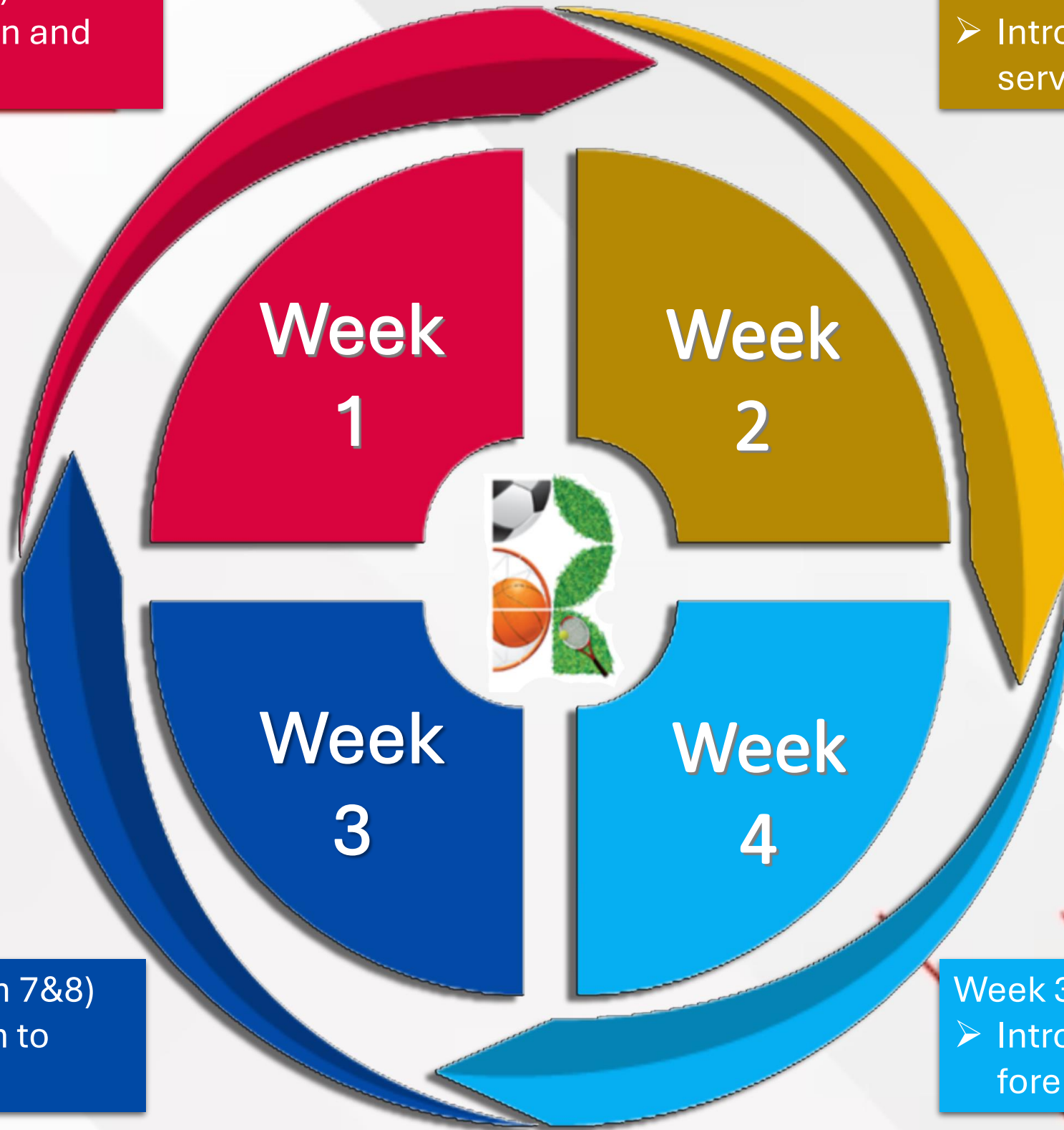
Year 7 Cricket Journey

Week 1 (lesson 1&2)

- Bat familiarisation and backhand push

Week 2 (lesson 3&4)

- Introduction to serving



Week 4 (lesson 7&8)

- Introduction to slice

Week 3 (lesson 5&6)

- Introduction to forehand

Year 7 Table tennis Journey

Lesson 1
➤ Running with speed

Lesson 6
➤ Introduction to discus

Lesson 5
➤ Introduction to javelin



Lesson 2
➤ Distance running with pace

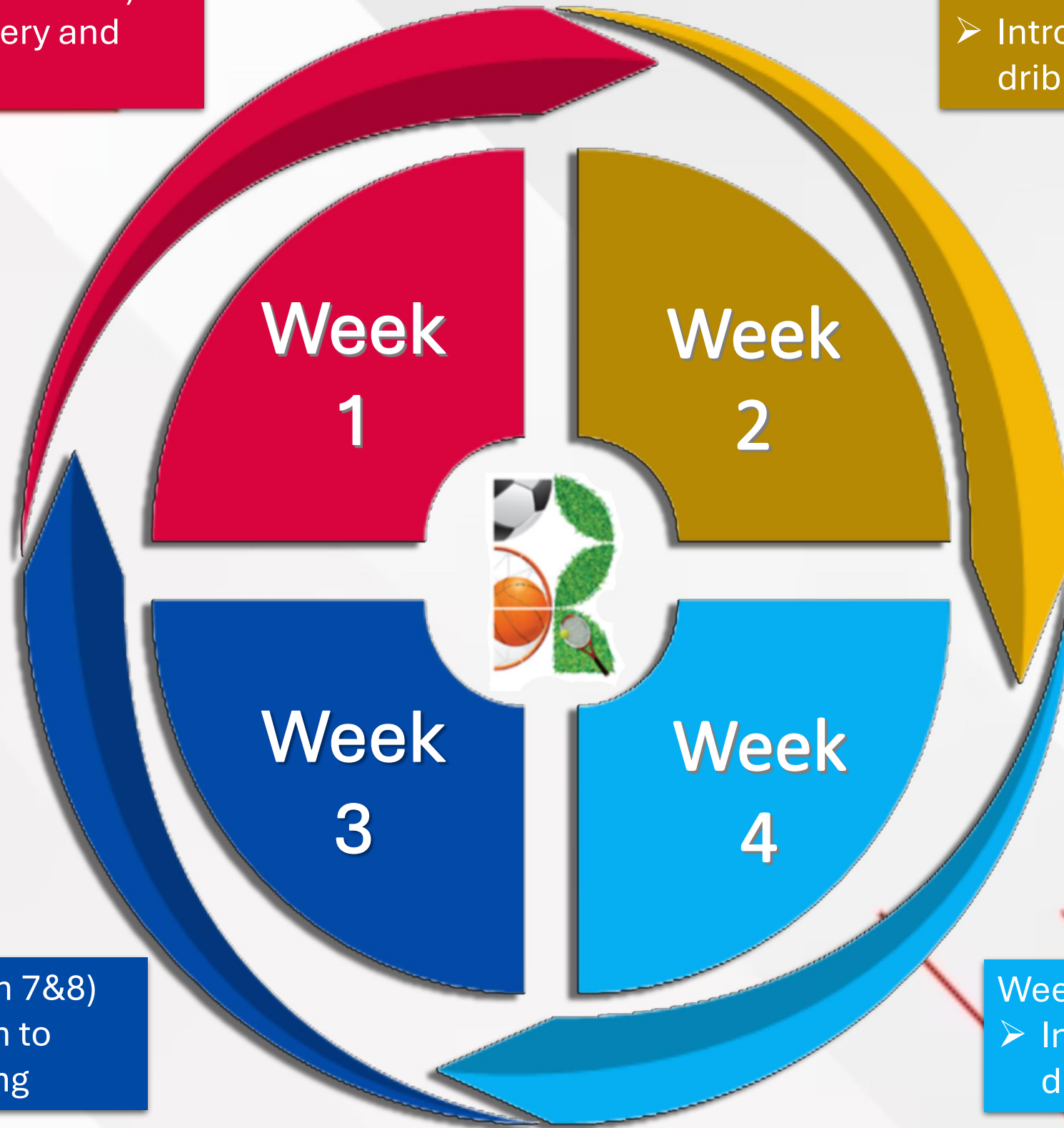
Lesson 3
➤ Introduction to long jump

Lesson 4
➤ Introduction to high jump

Year 7 Athletics Journey

Week 1 (lesson 1&2)
➤ Ball Mastery and control

Week 2 (lesson 3&4)
➤ Introduction to dribbling



Week 4 (lesson 7&8)
➤ Introduction to short passing

Week 3 (lesson 5&6)
➤ Introduction to defending

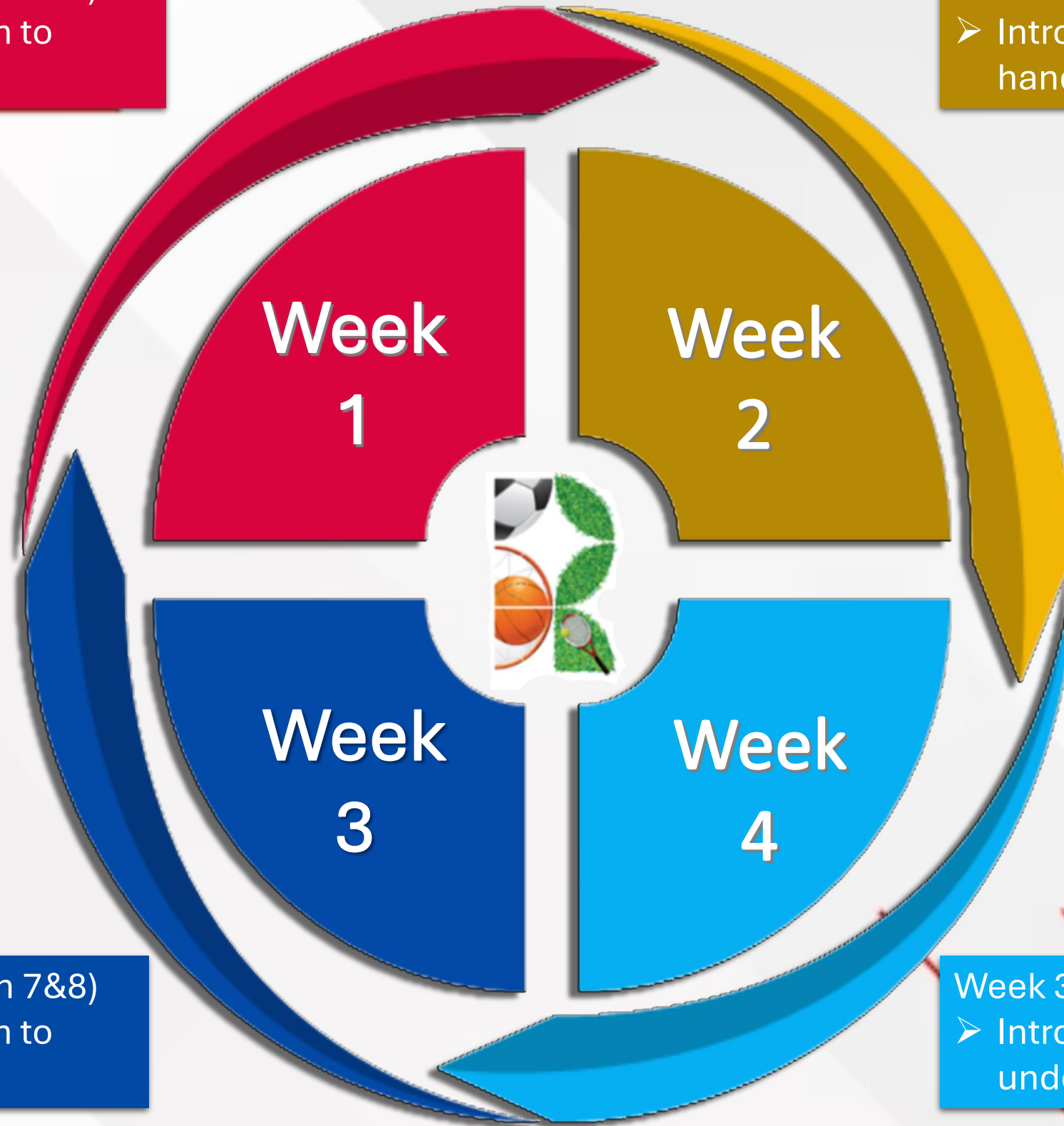
Year 7 Football Journey

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Week 2 (lesson 3&4)

- Introduction to back hand serve



Week 4 (lesson 7&8)

- Introduction to smash shot

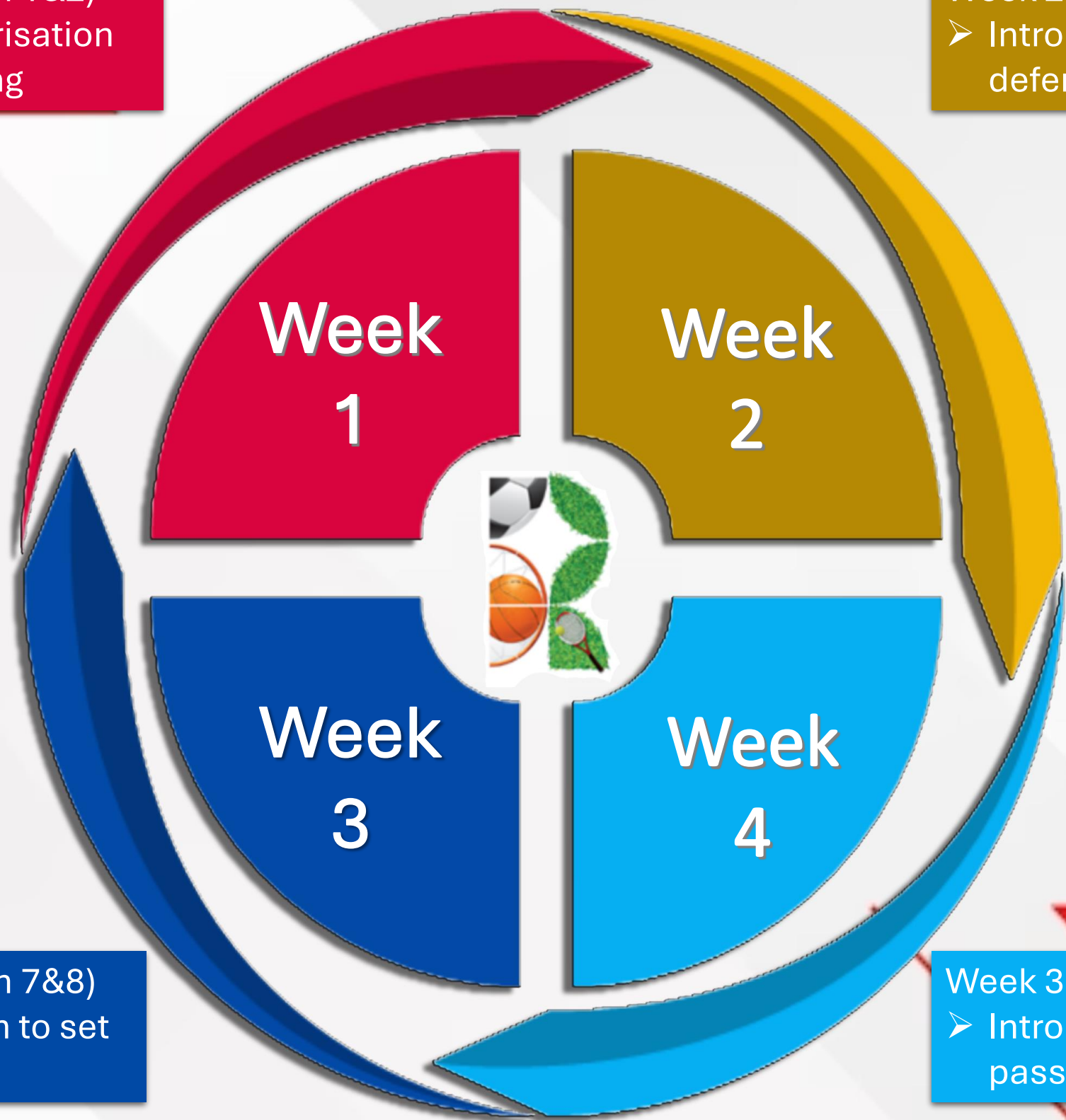
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shot

Week 3 (lesson 5&6)
➤ Introduction to
passing

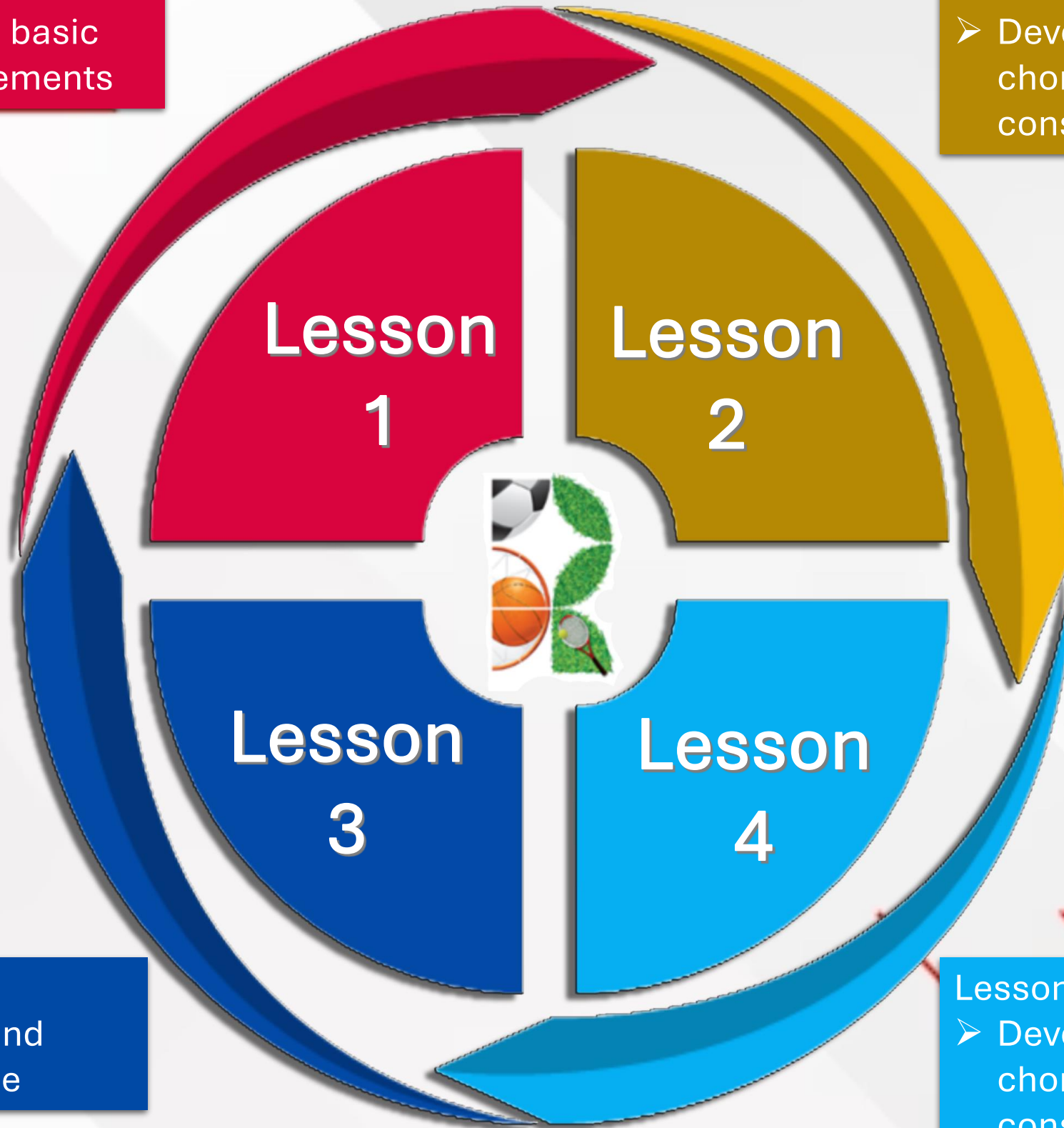
Year 7 Basketball Journey

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Lesson 4

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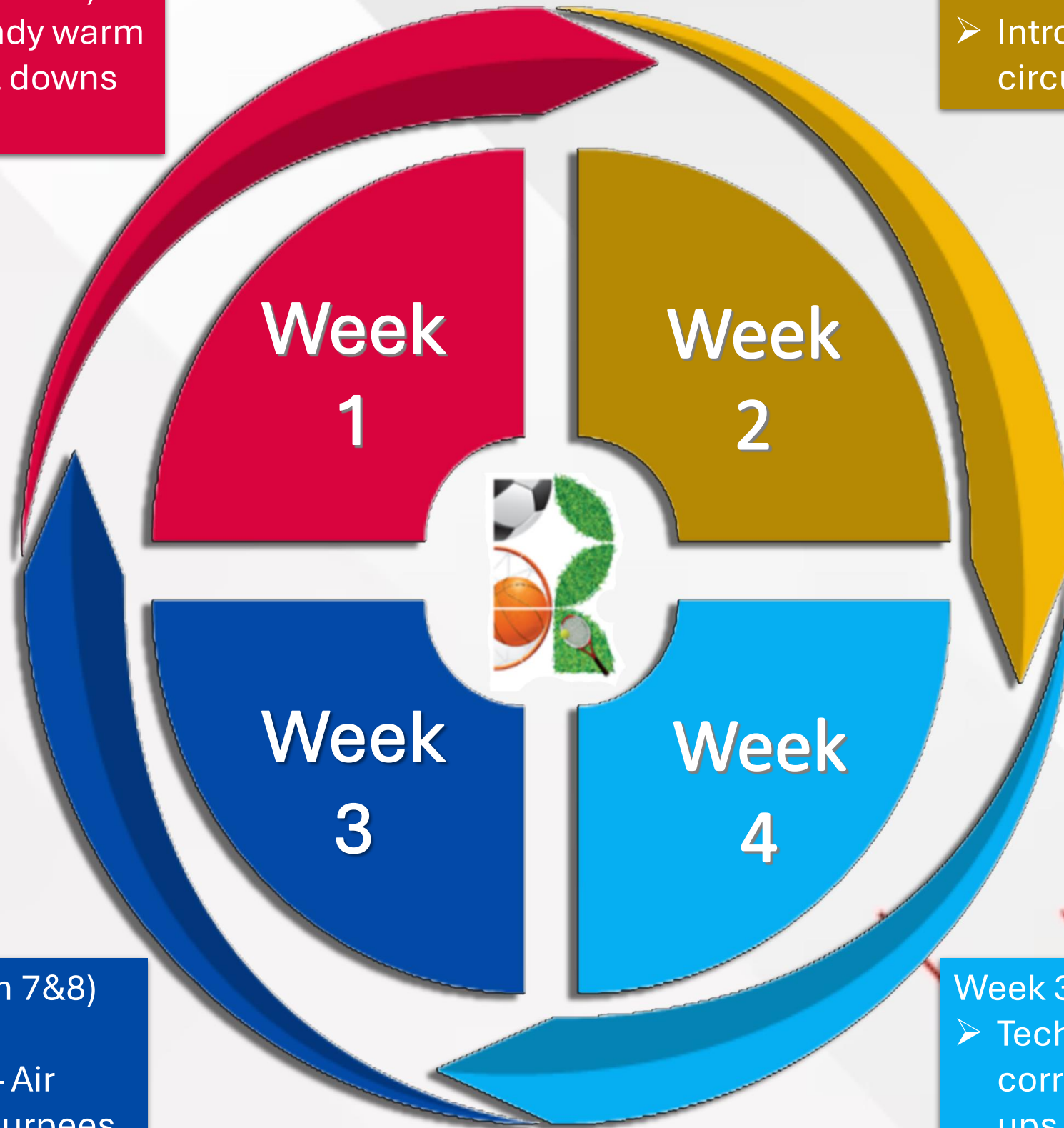
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Year 7 HRF Journey

Lesson 1

➤ Individual Balances

Lesson 2

➤ Rotations



Lesson 4

➤ Rehearsal and performance

Lesson 3

➤ Linking rotations and partner balances

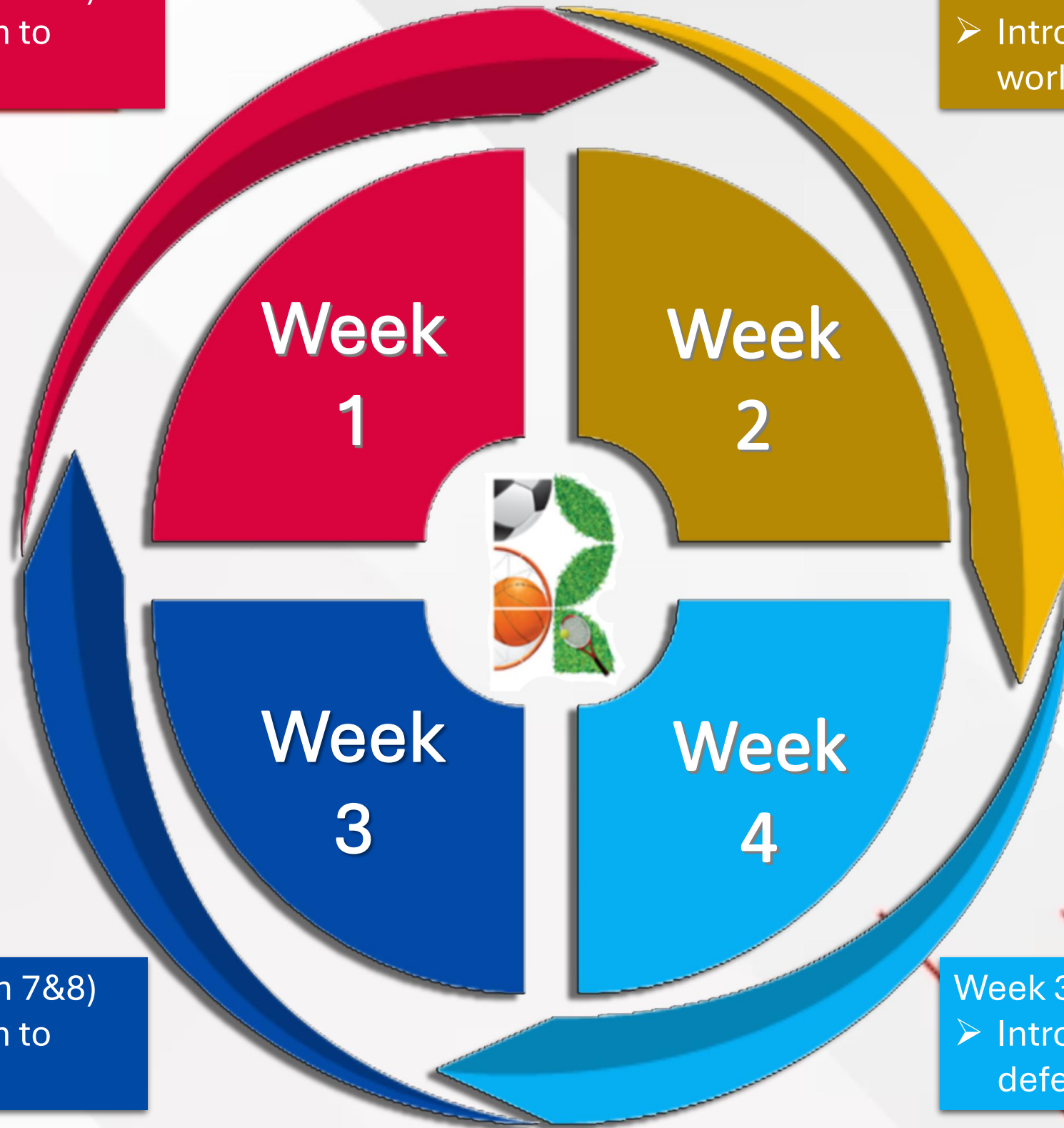
Year 7 Gymnastics Journey

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Week 2 (lesson 3&4)

- Introduction to foot work rule



Week 4 (lesson 7&8)

- Introduction to shooting

Week 3 (lesson 5&6)

- Introduction to defending

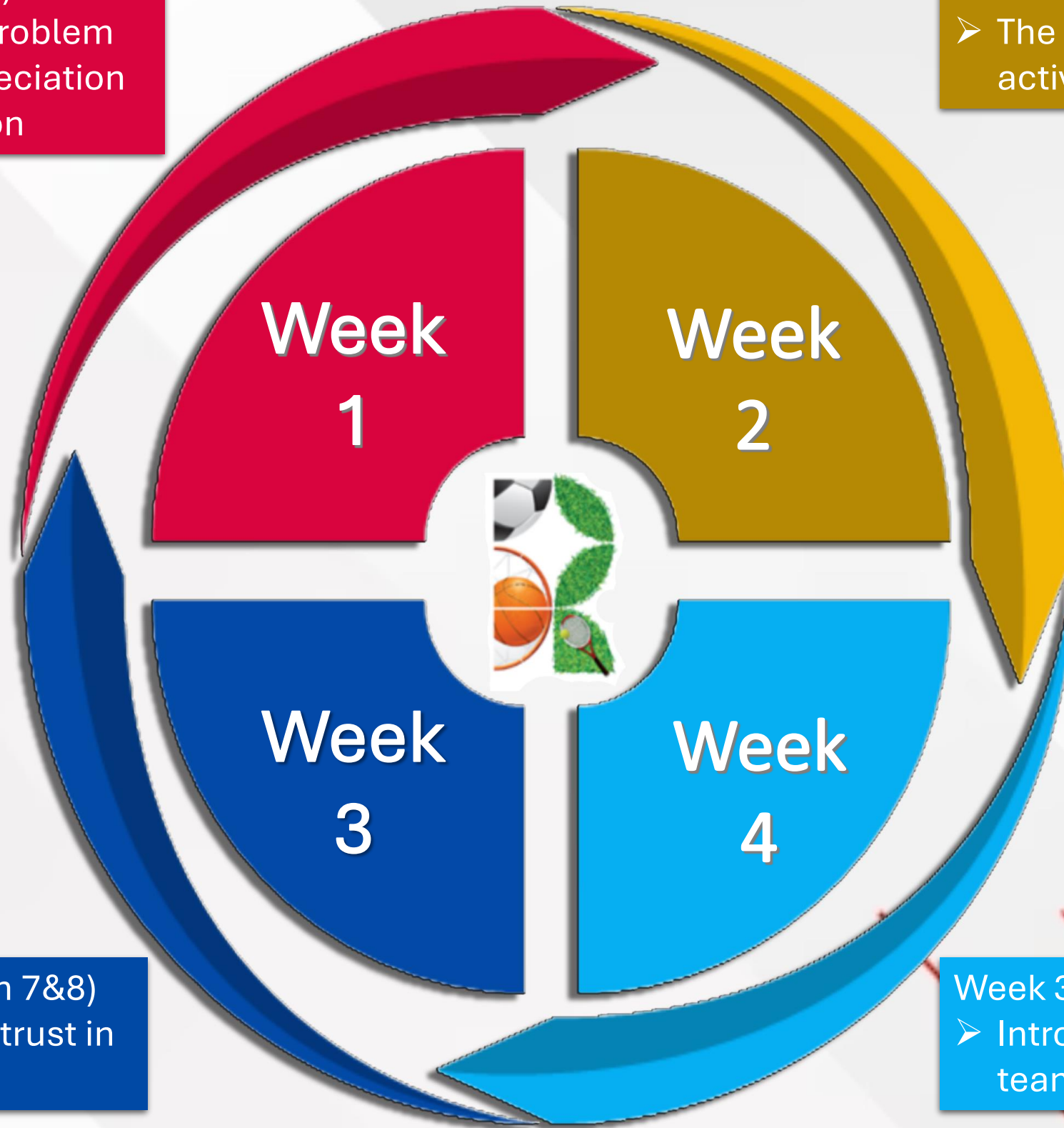
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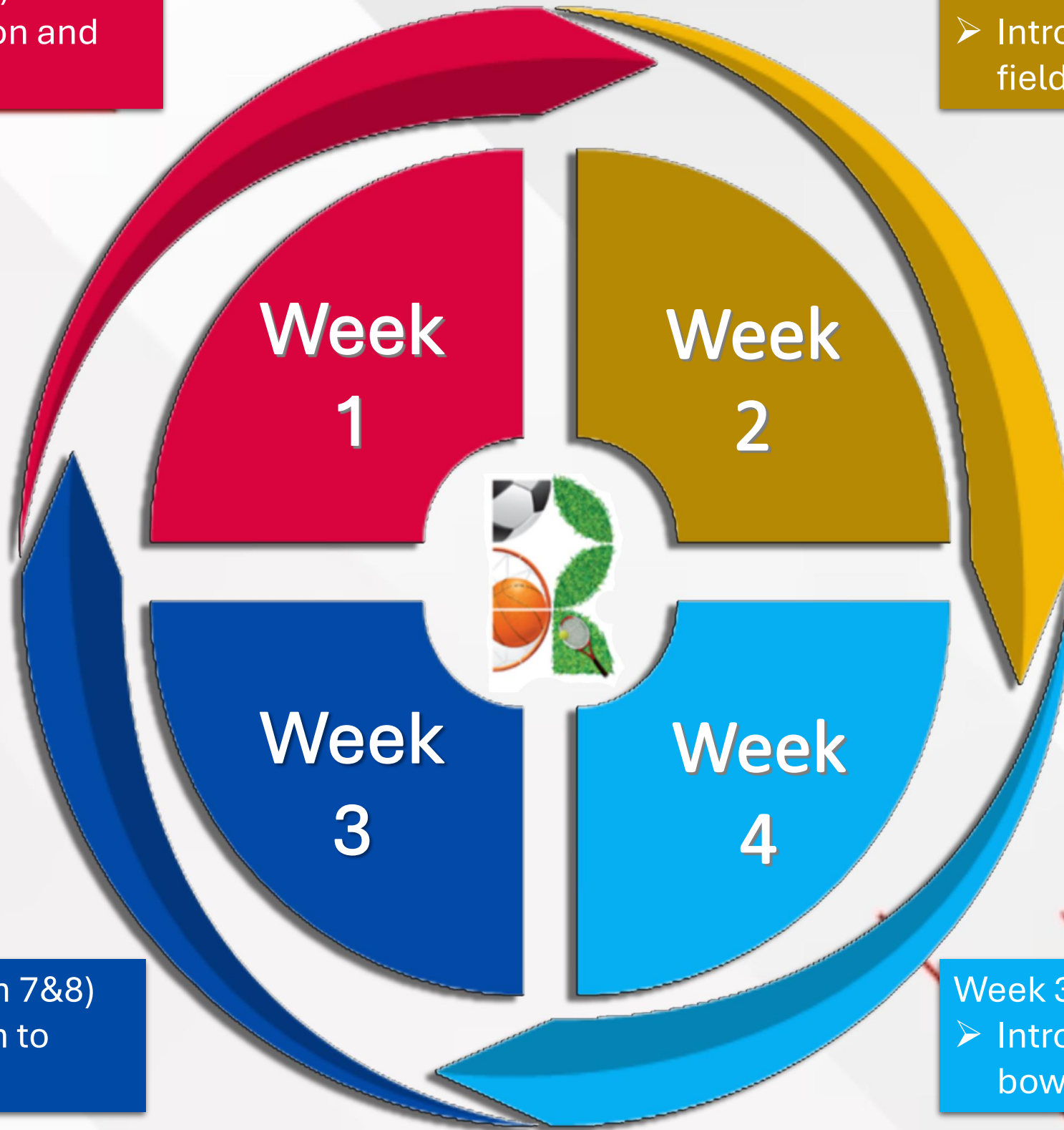
Year 7 Problem Solving Journey

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Week 2 (lesson 3&4)

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Week 4 (lesson 7&8)

- Introduction to batting

Week 3 (lesson 5&6)

- Introduction to bowling

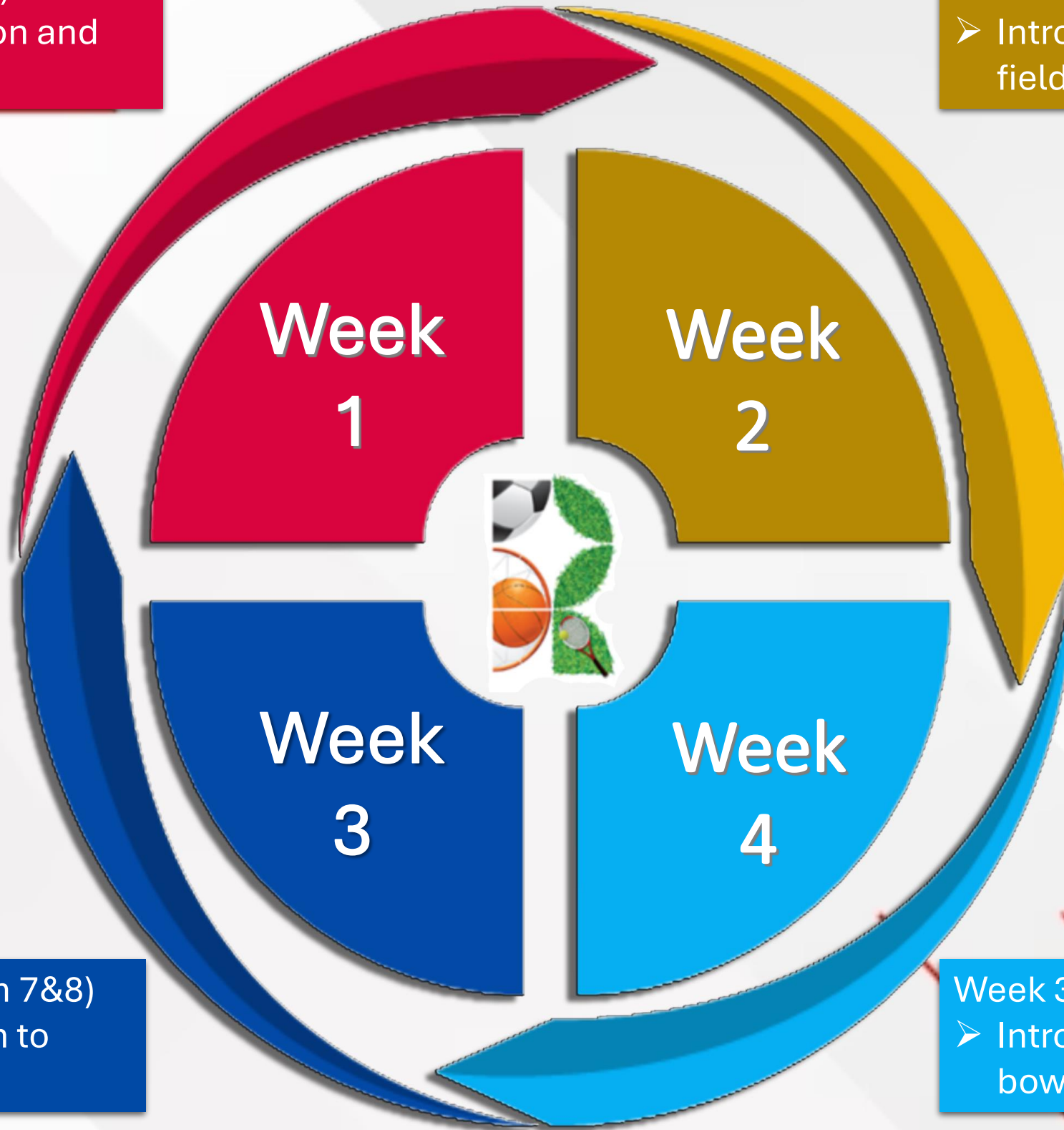
Year 7 Rounders Journey

Week 1 (lesson 1&2)

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Week 2 (lesson 3&4)

- Introduction to fielding



Week 4 (lesson 7&8)

- Introduction to batting

Week 3 (lesson 5&6)

- Introduction to bowling

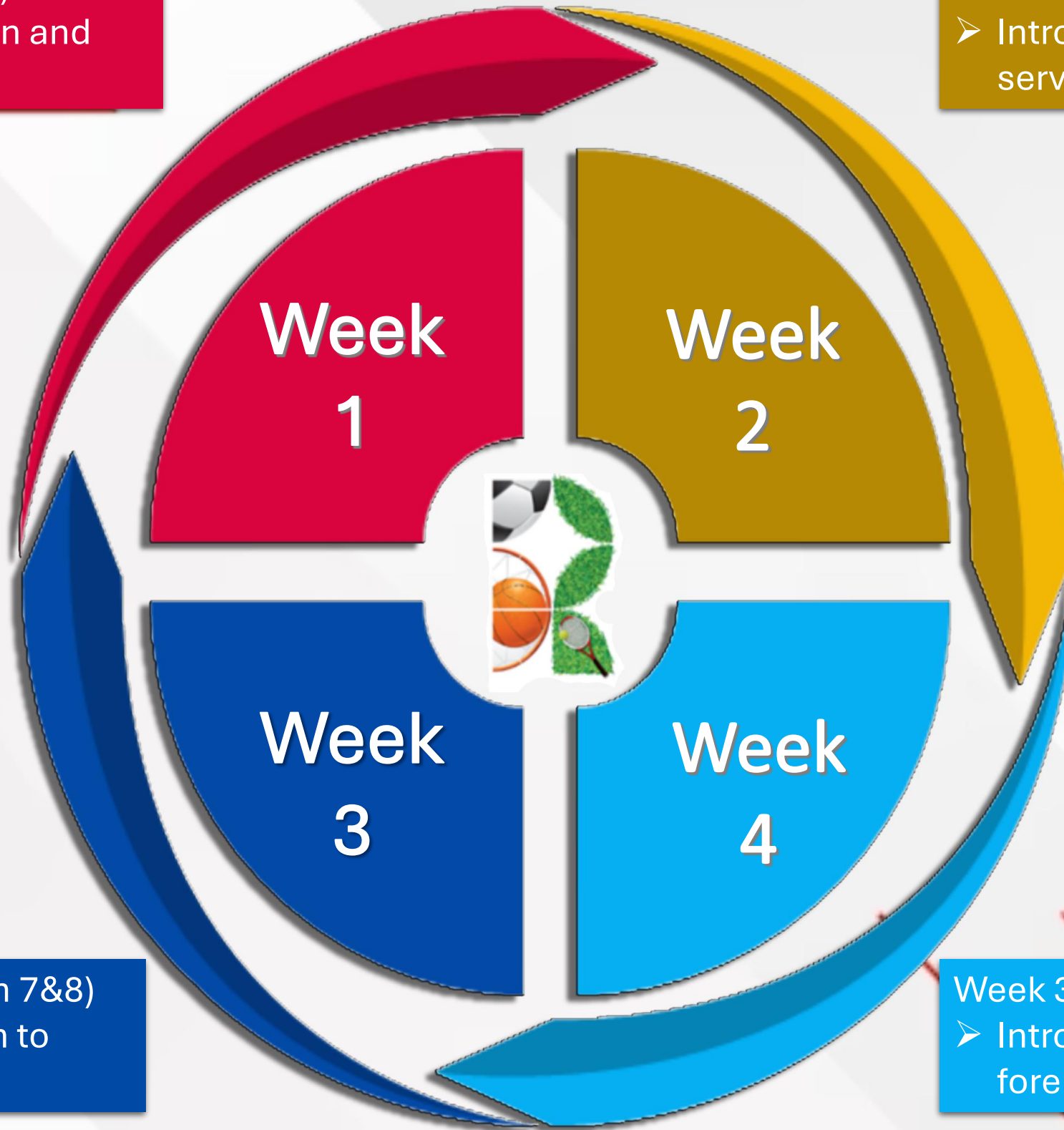
Year 7 Cricket Journey

Week 1 (lesson 1&2)

- Bat familiarisation and backhand push

Week 2 (lesson 3&4)

- Introduction to serving



Week 4 (lesson 7&8)

- Introduction to slice

Week 3 (lesson 5&6)

- Introduction to forehand

Year 7 Table tennis Journey

Lesson 1
➤ Introduction to 100m

Lesson 6
➤ Introduction to discus

Lesson 5
➤ Introduction to javelin

Lesson 2
➤ Introduction to 800m

Lesson 3
➤ Introduction to long jump

Lesson 4 ()
➤ Introduction to high jump



Year 7 Athletics Journey