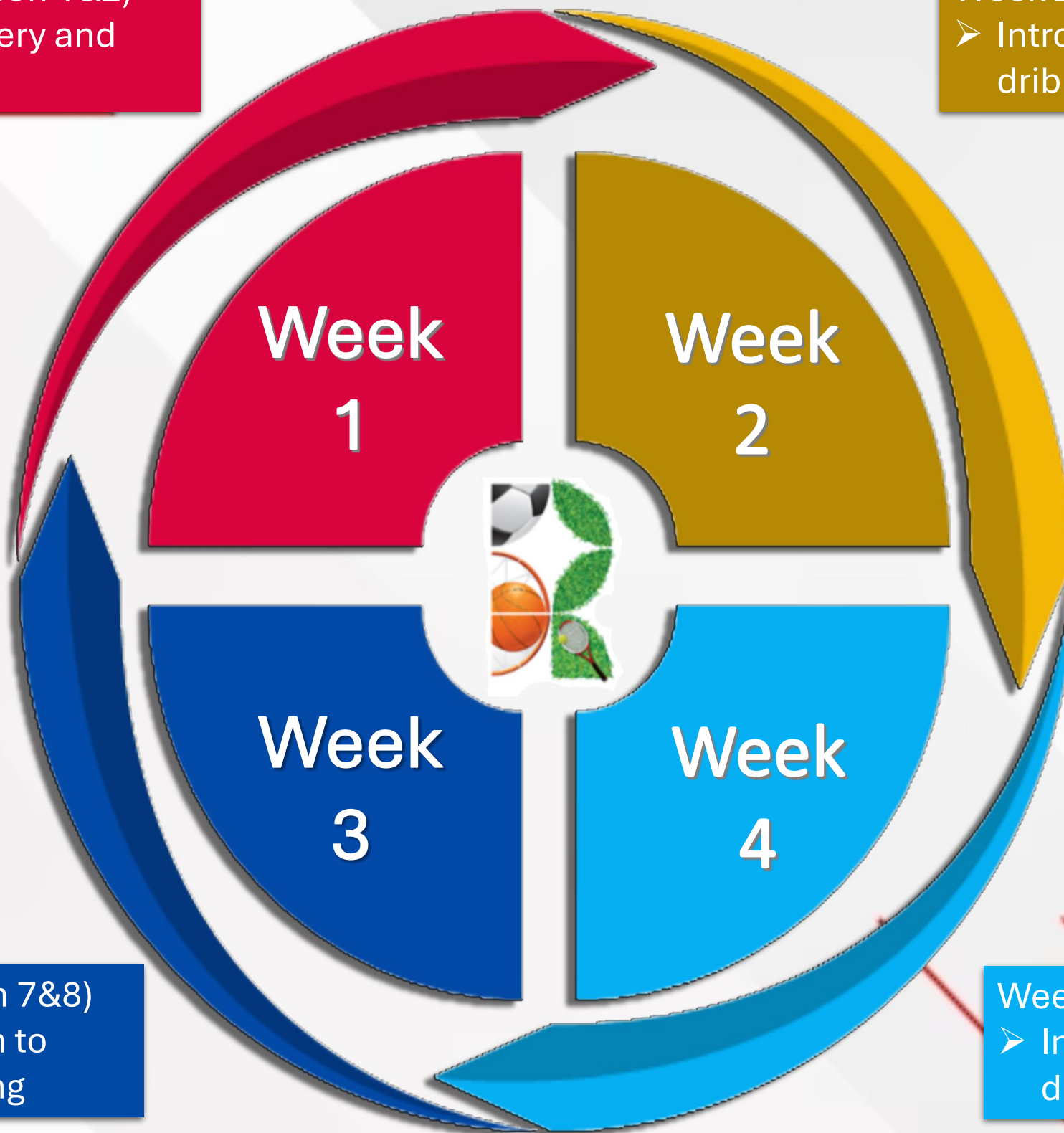


Week 1 (lesson 1&2)  
➤ Ball Mastery and control

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

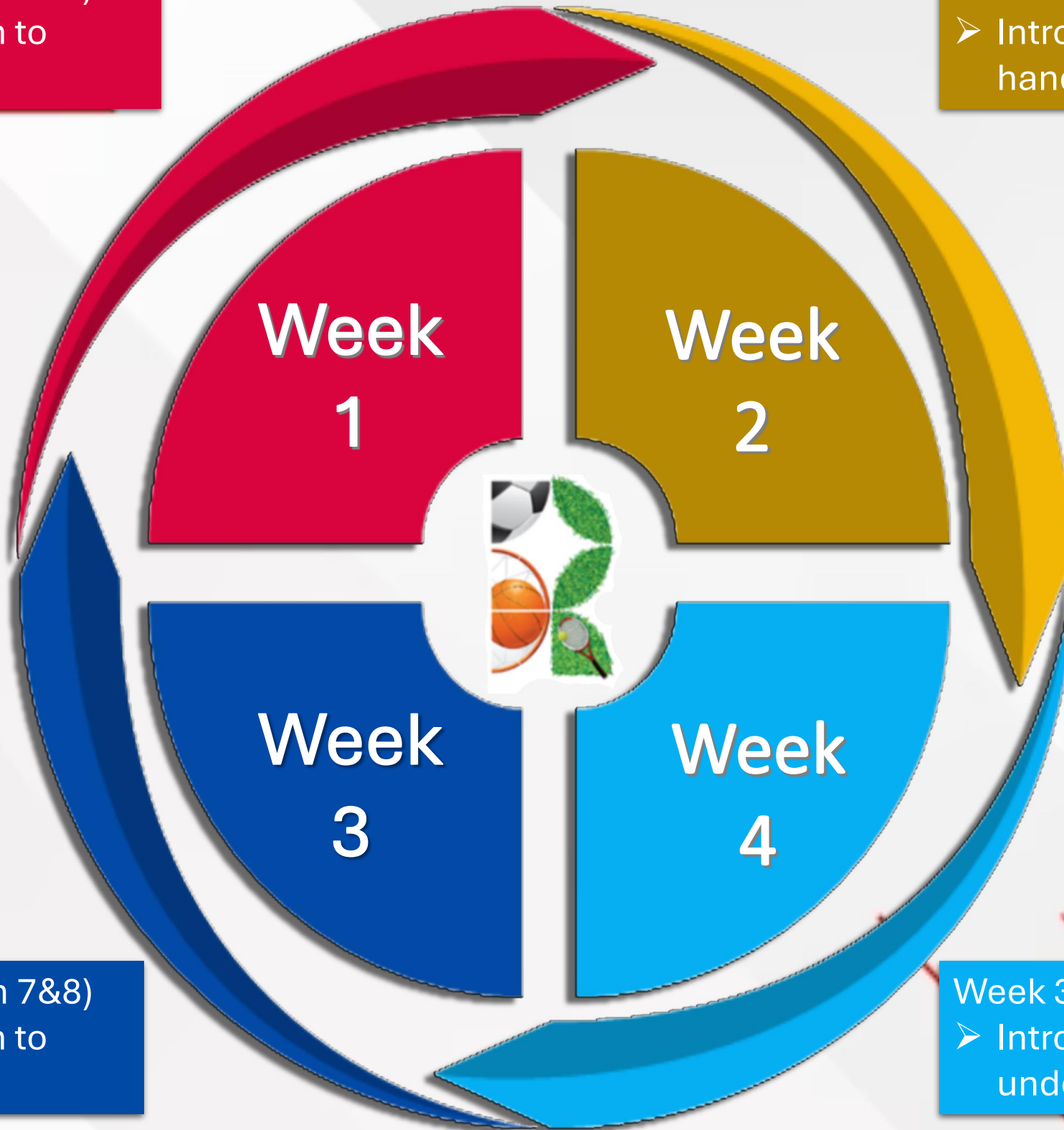
# Year 7 Football Journey

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

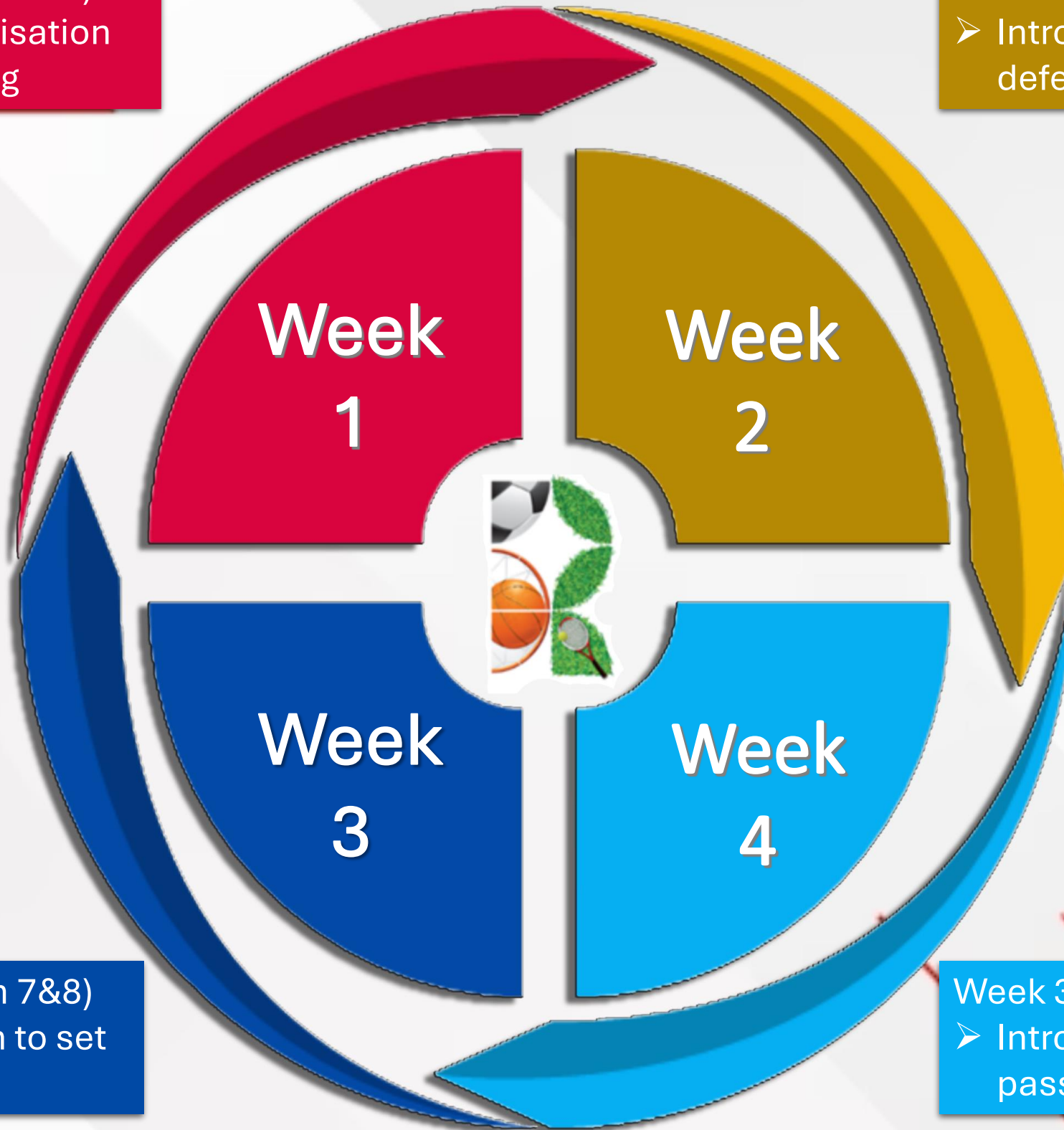
# Year 7 Badminton Journey

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

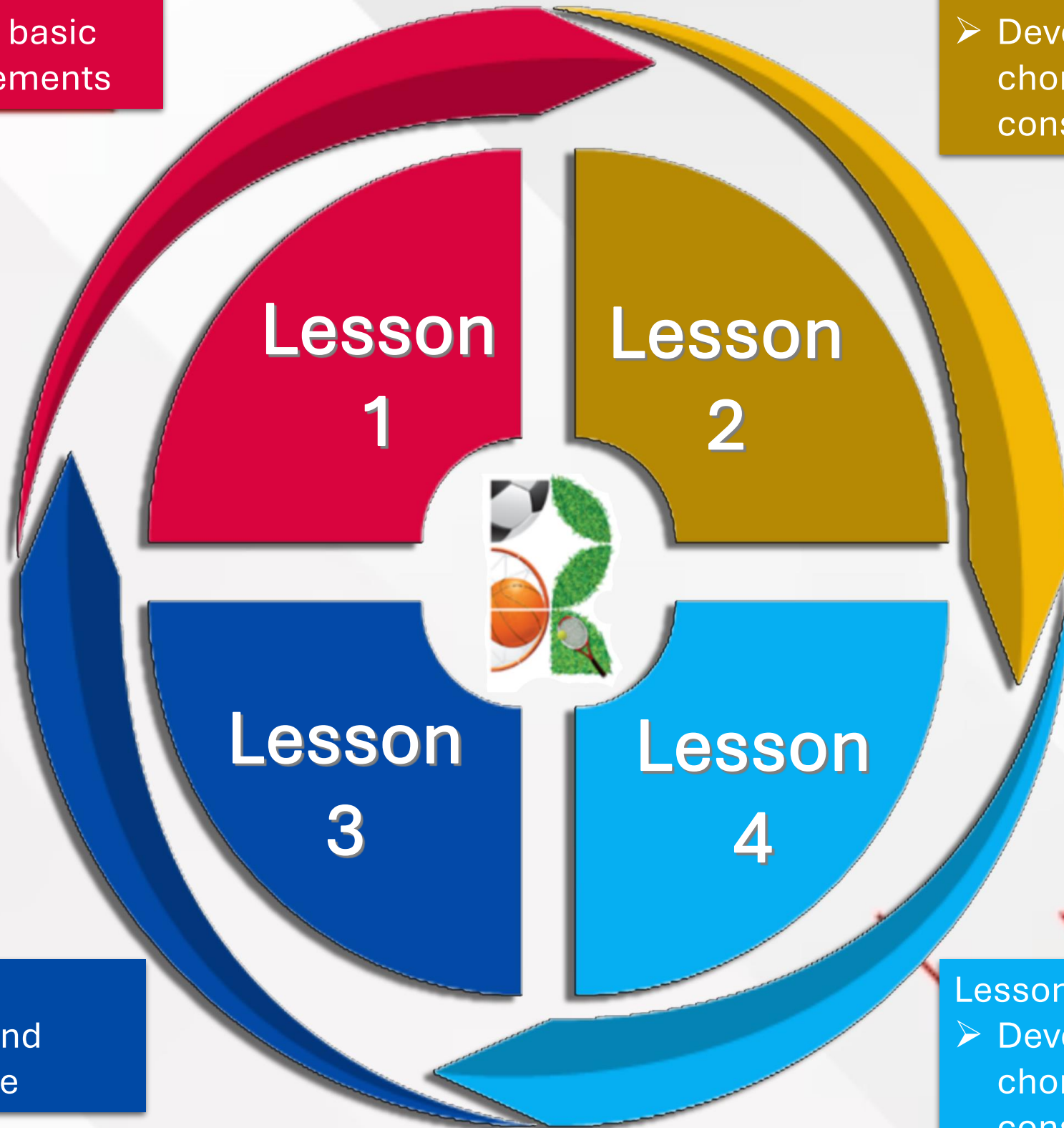
# Year 7 Basketball Journey

### 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

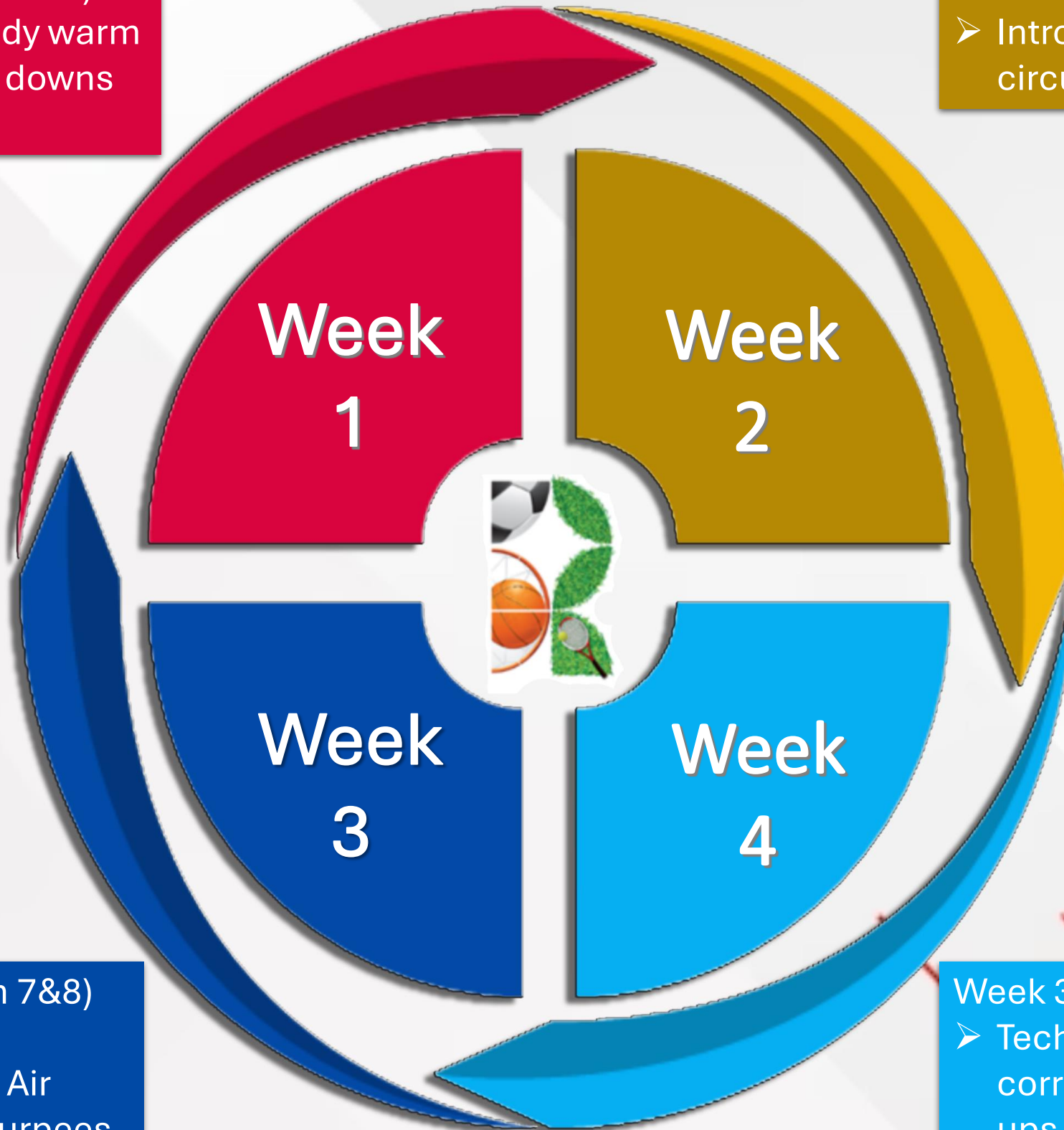
# Year 7 Dance Journey

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

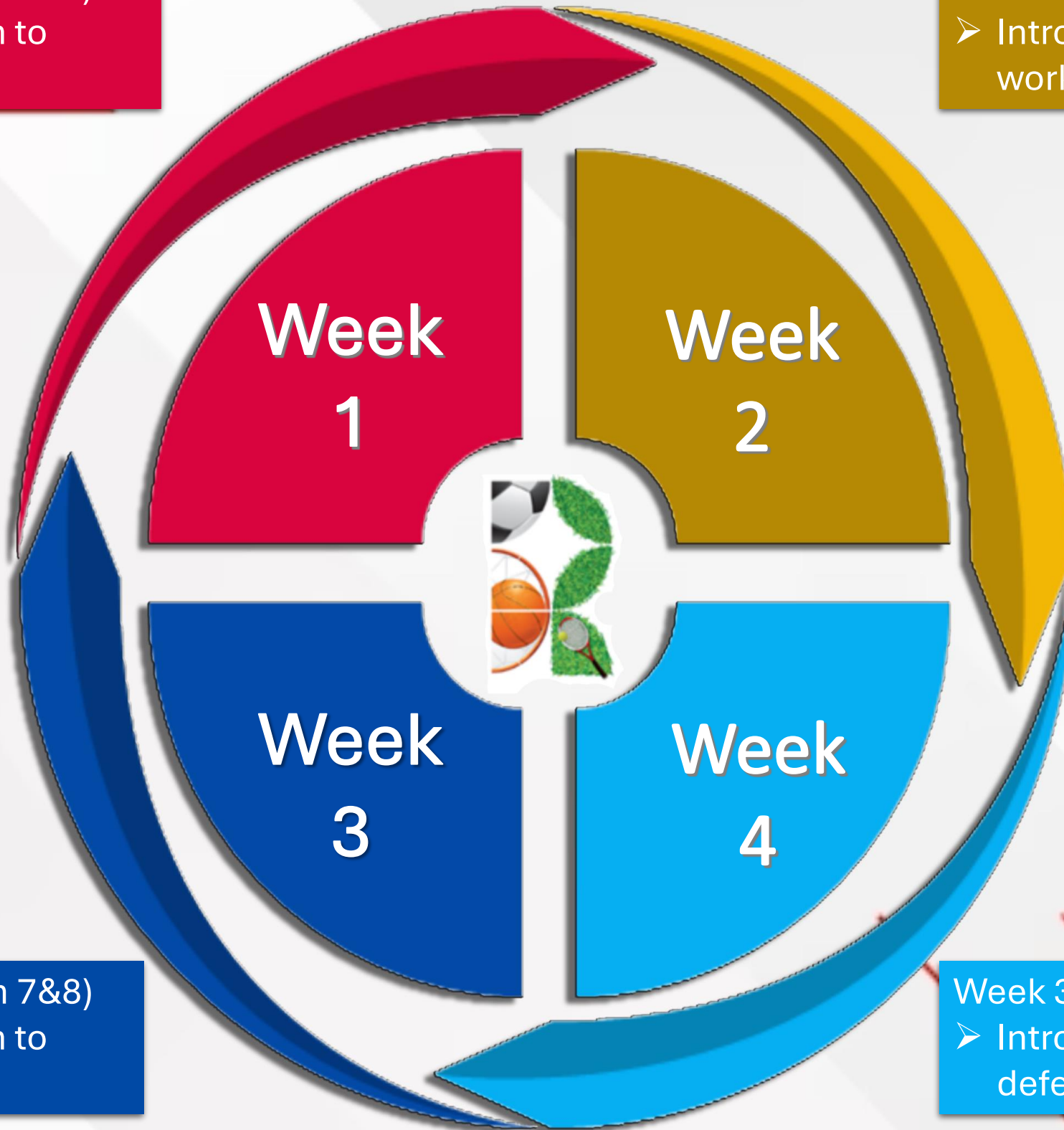
# Year 7 Gymnastics Journey

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

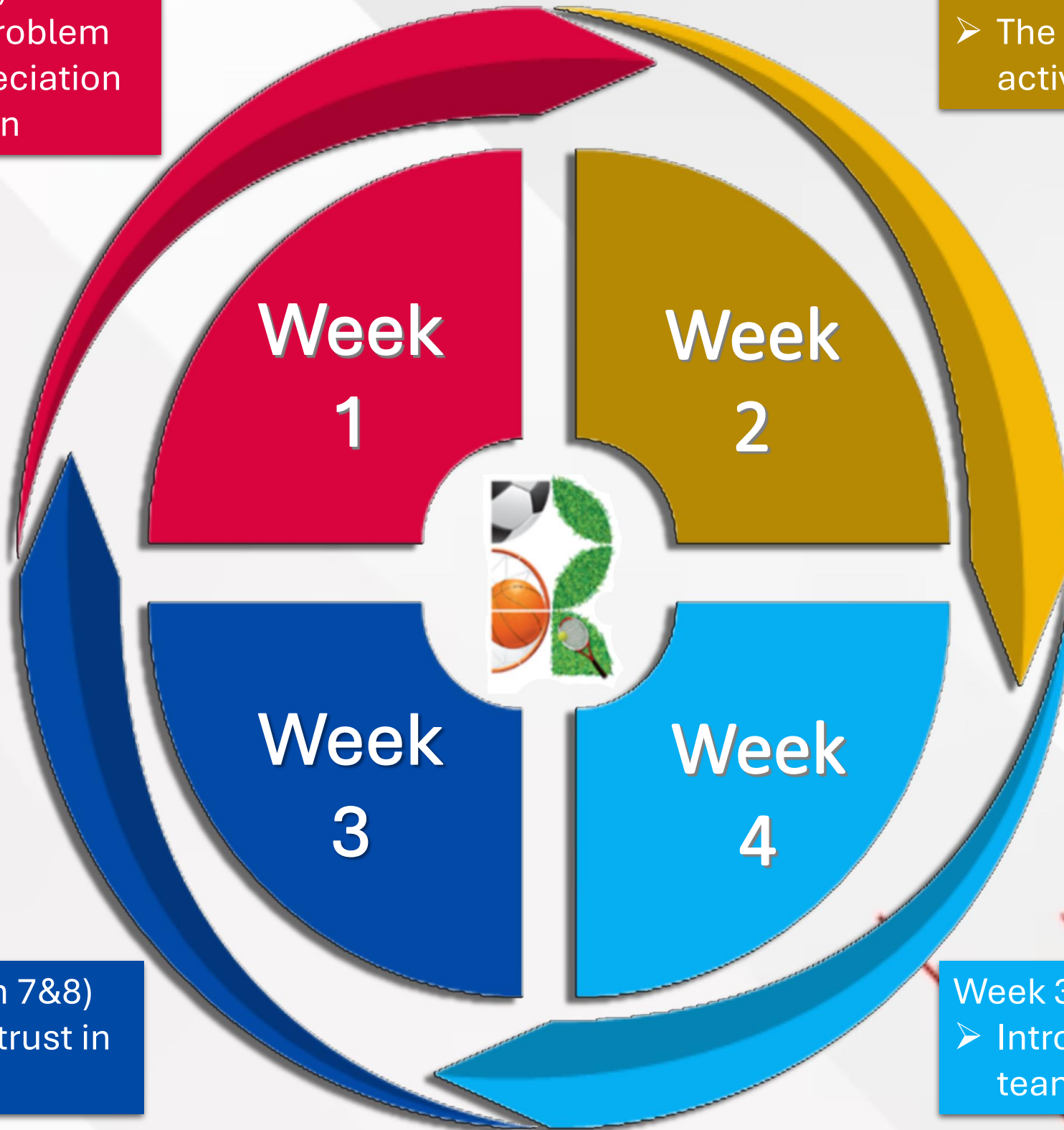
# Year 7 Netball Journey

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

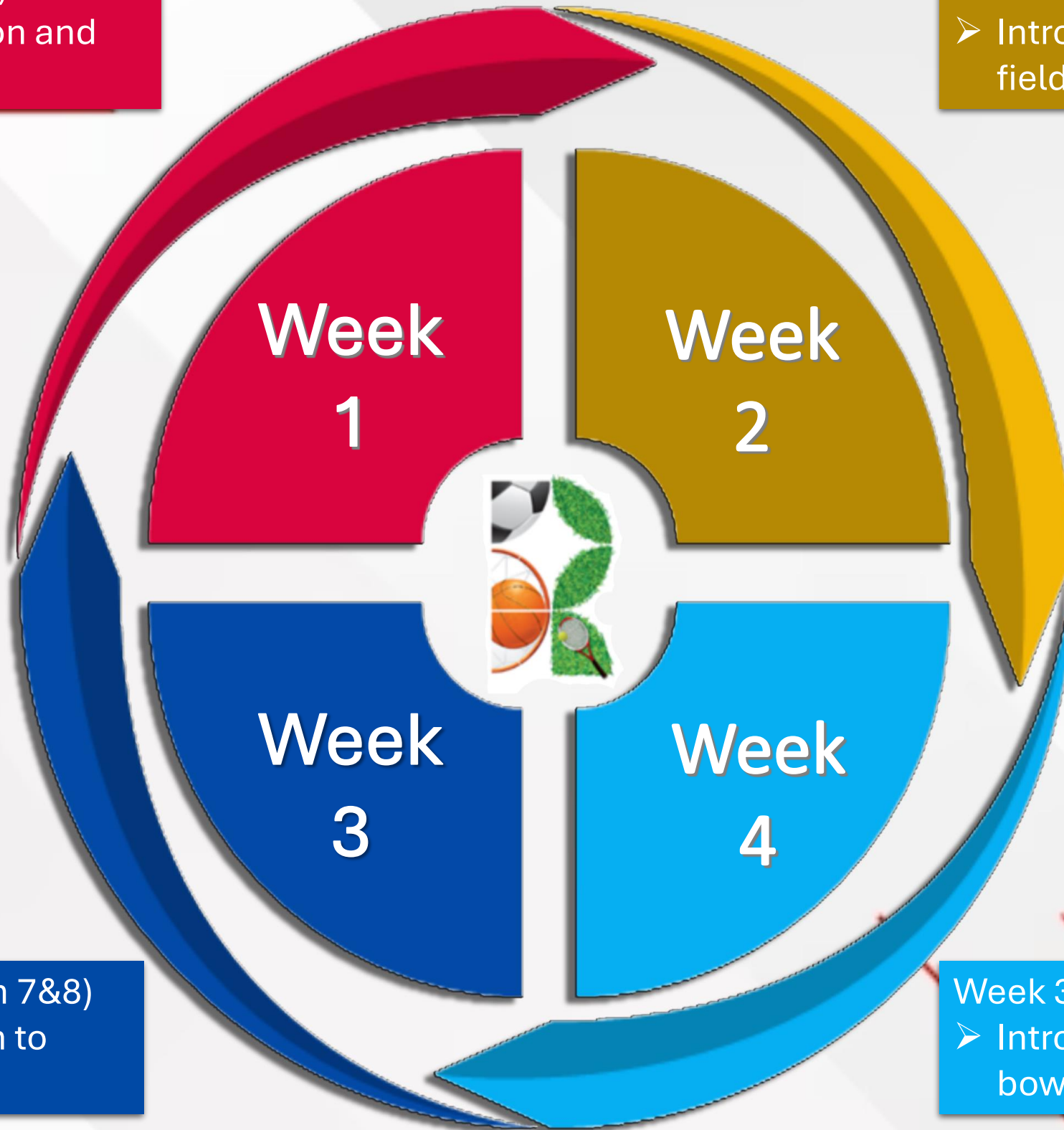
# Year 7 Problem Solving Journey

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

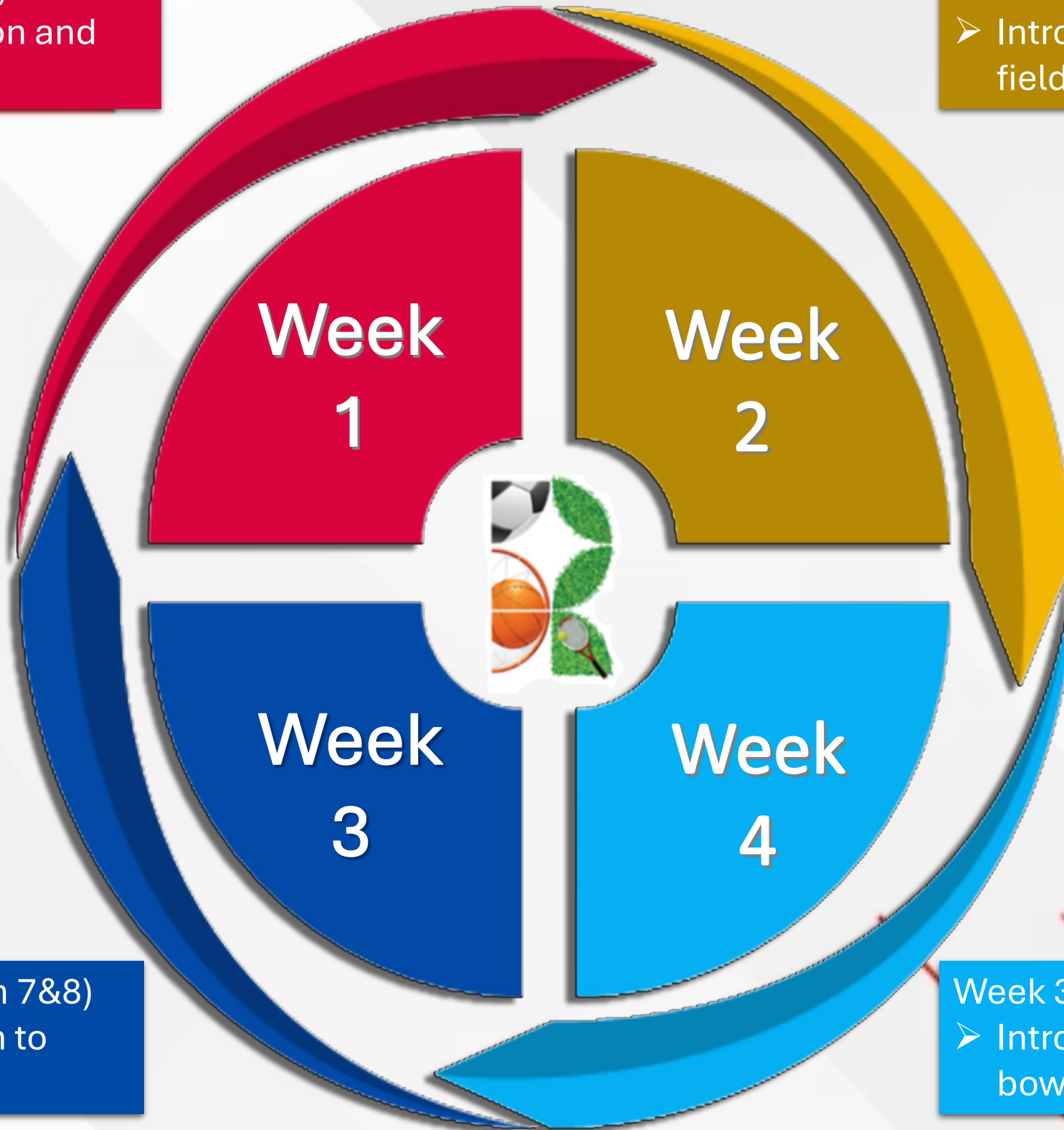
# Year 7 Rounders Journey

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

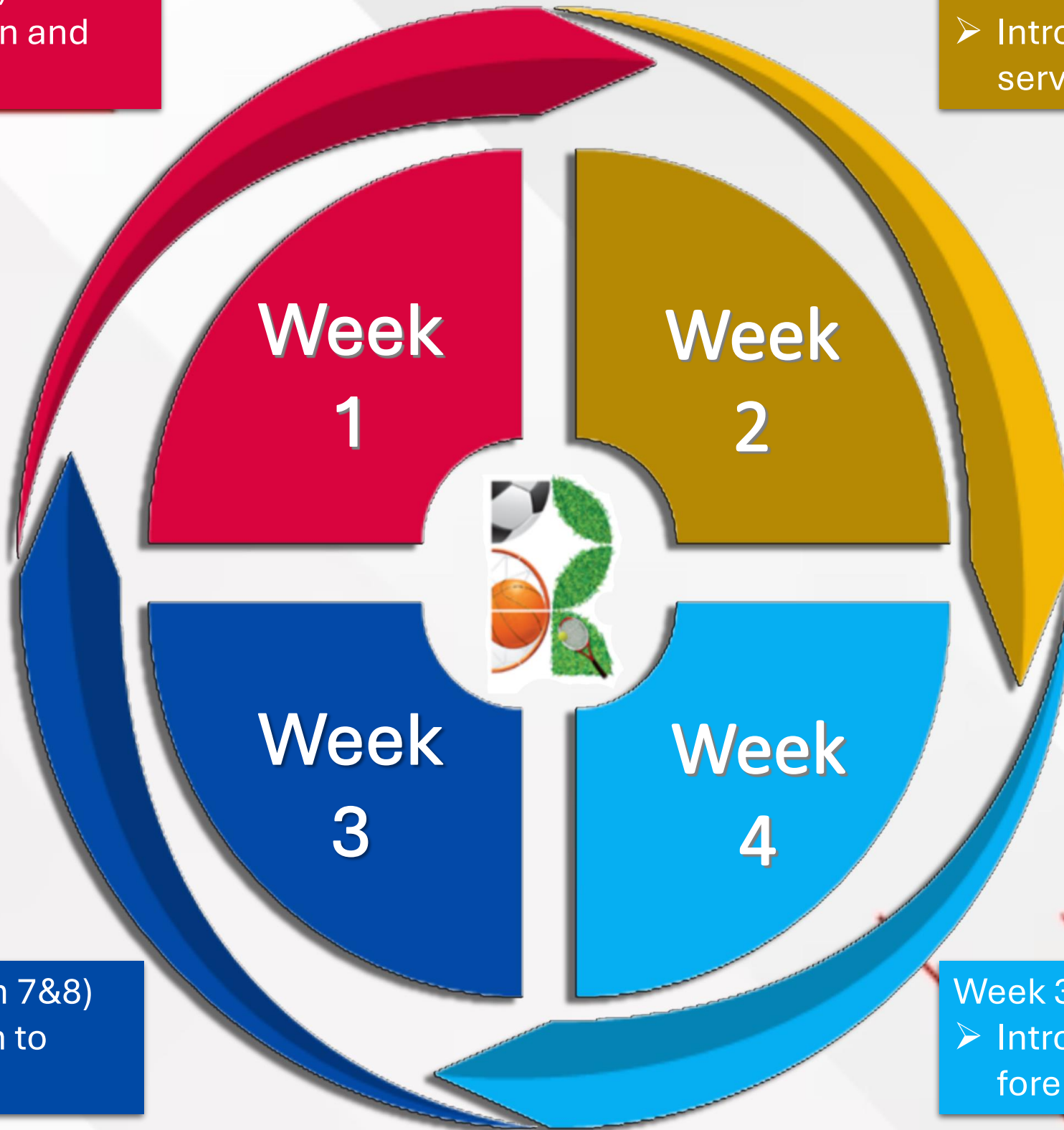
# Year 7 Cricket Journey

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 2  
➤ Distance running with pace

Lesson 6  
➤ Introduction to discus

Lesson 3  
➤ Introduction to long jump

Lesson 5  
➤ Introduction to javelin

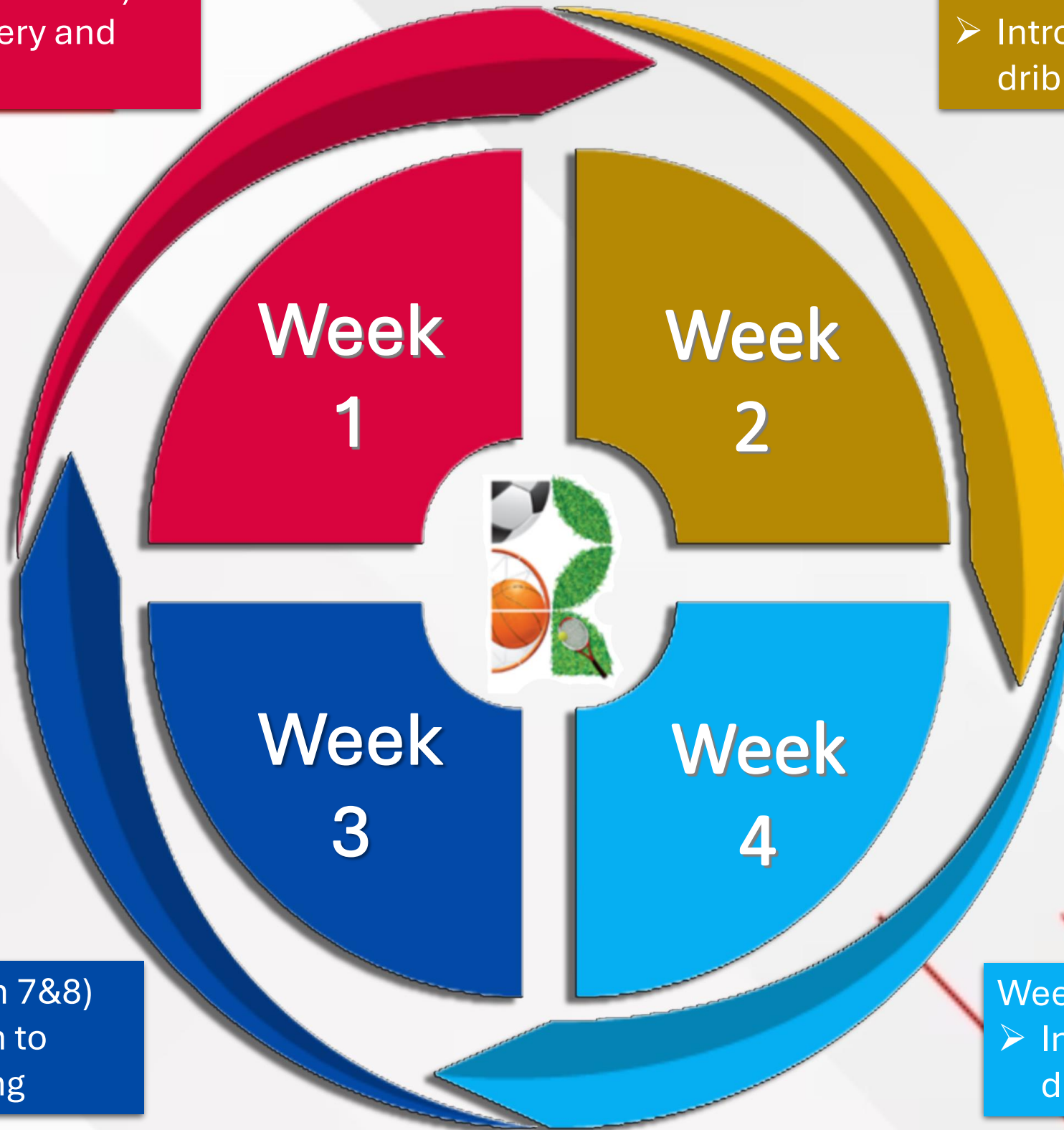
Lesson 4  
➤ Introduction to high jump



# 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

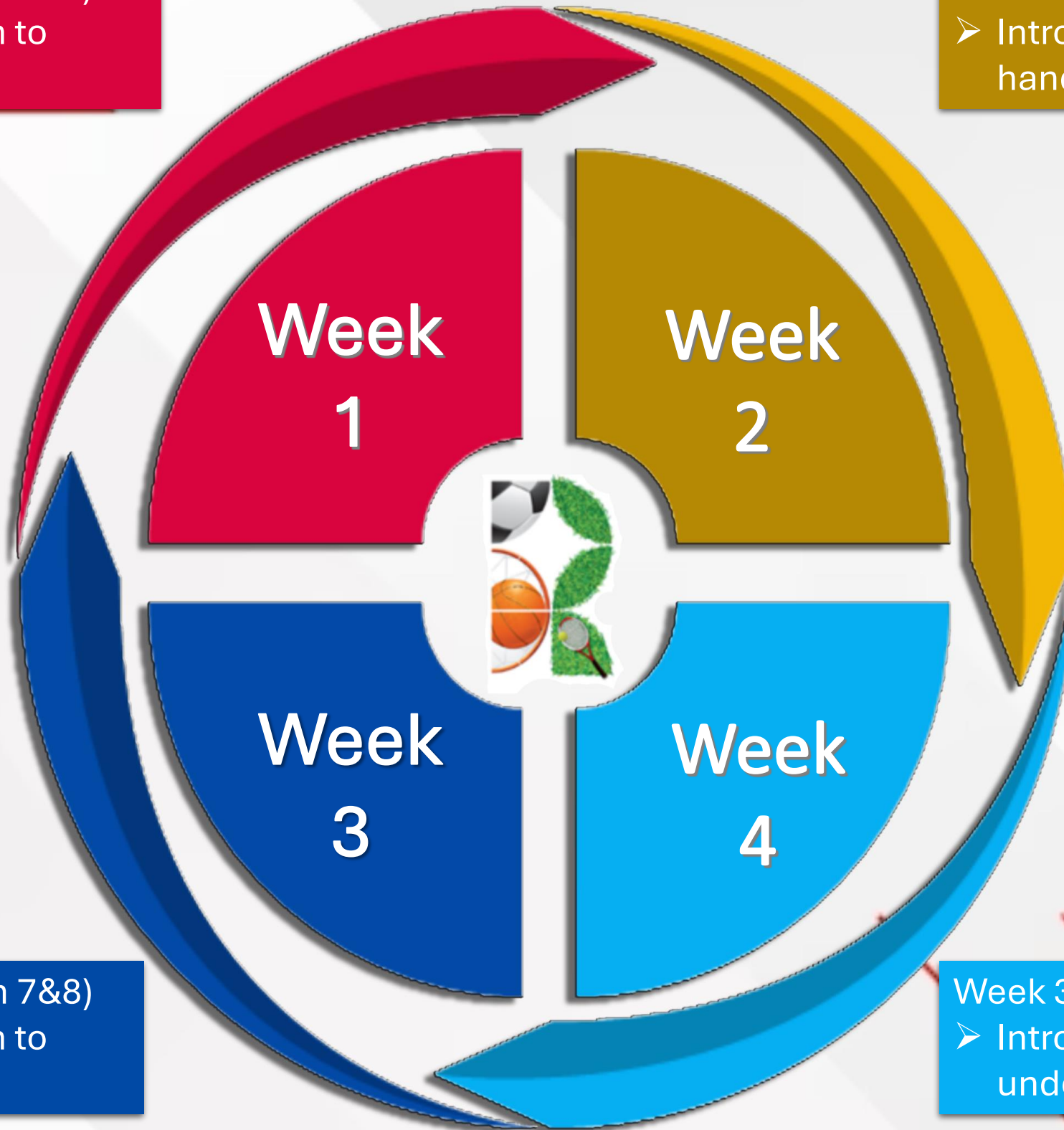
# Year 7 Football Journey

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

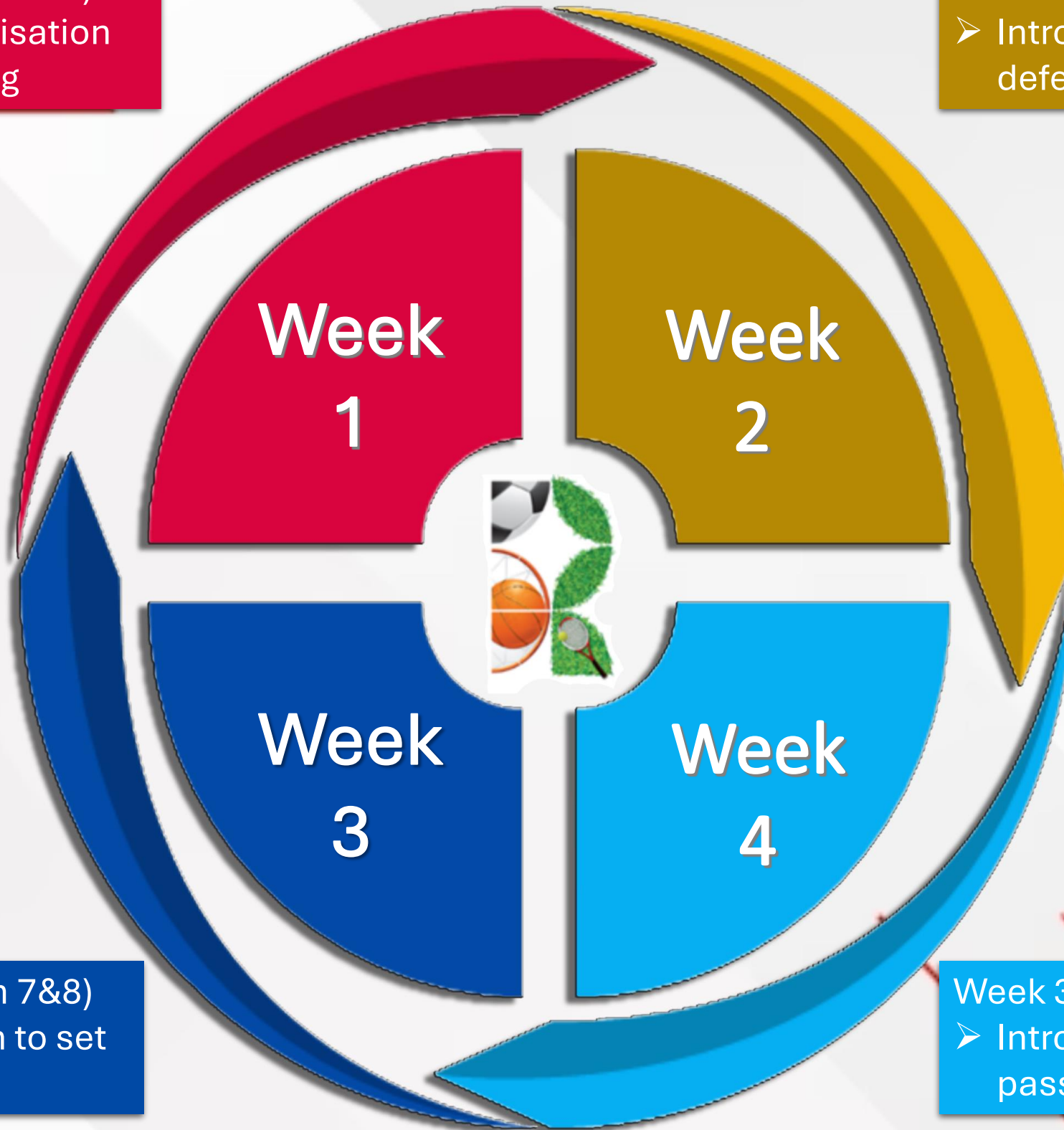
# Year 7 Badminton Journey

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

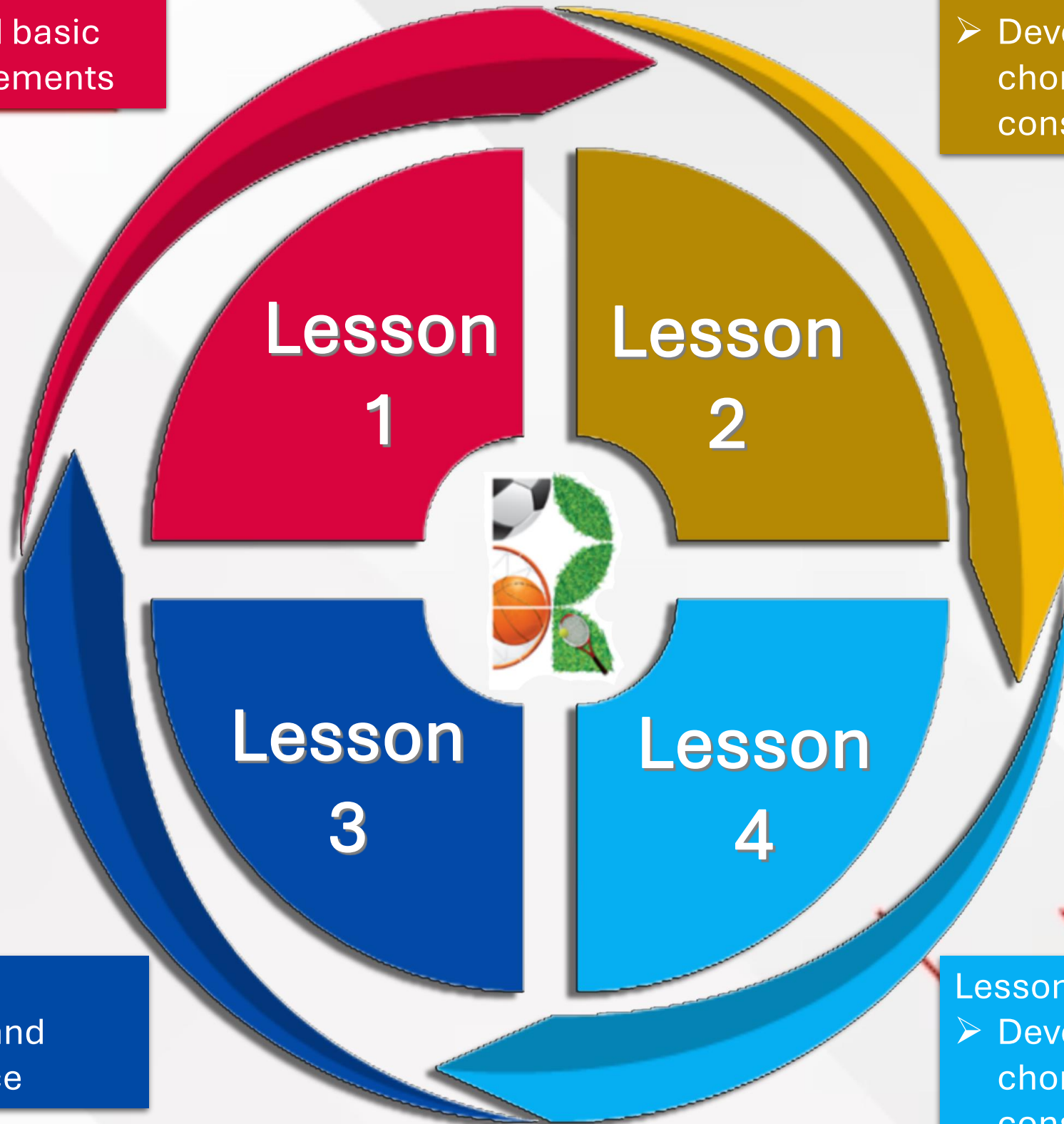
# Year 7 Basketball Journey

## 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

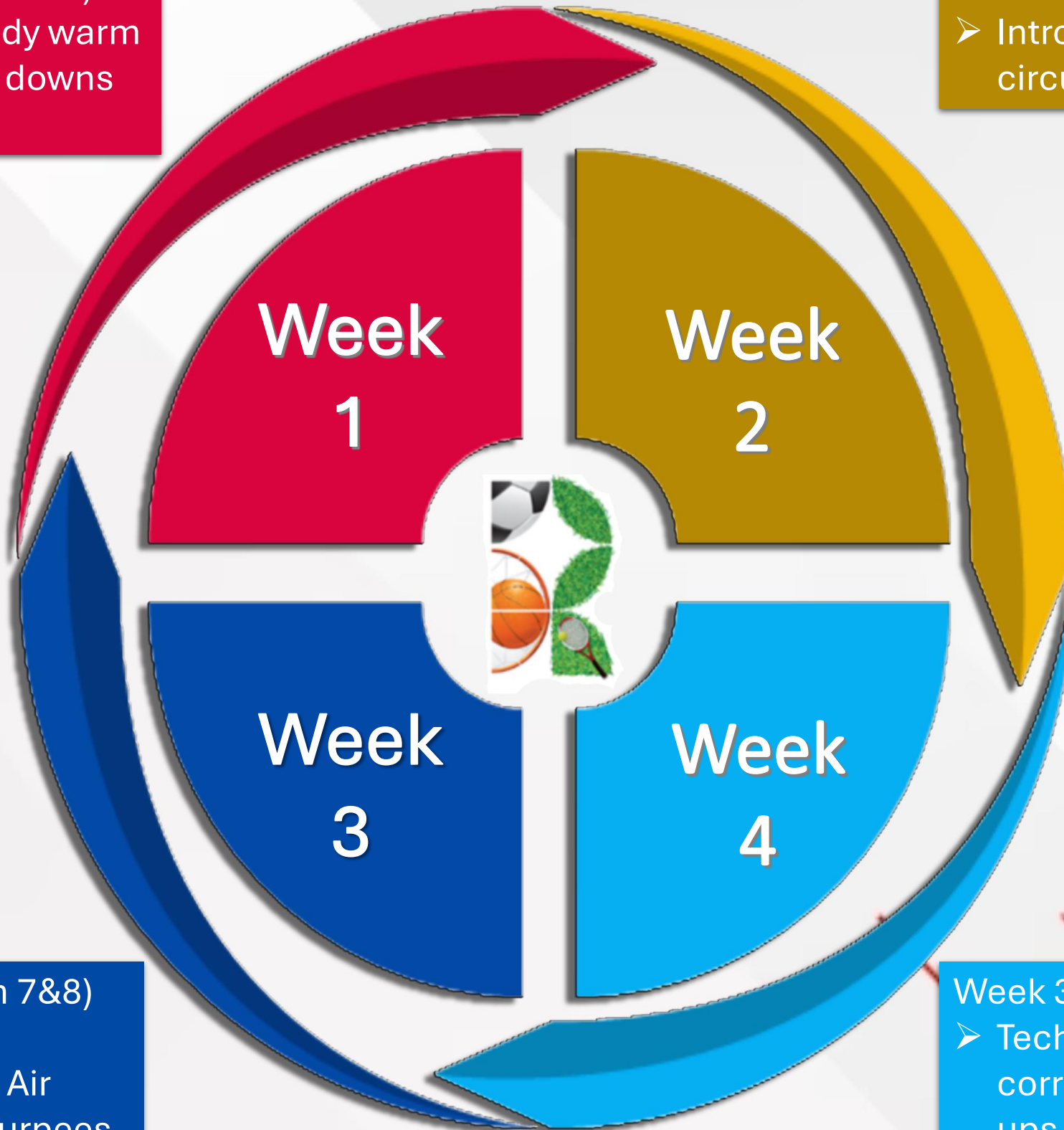
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Week 4 (lesson 7&8)

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Week 3 (lesson 5&6)

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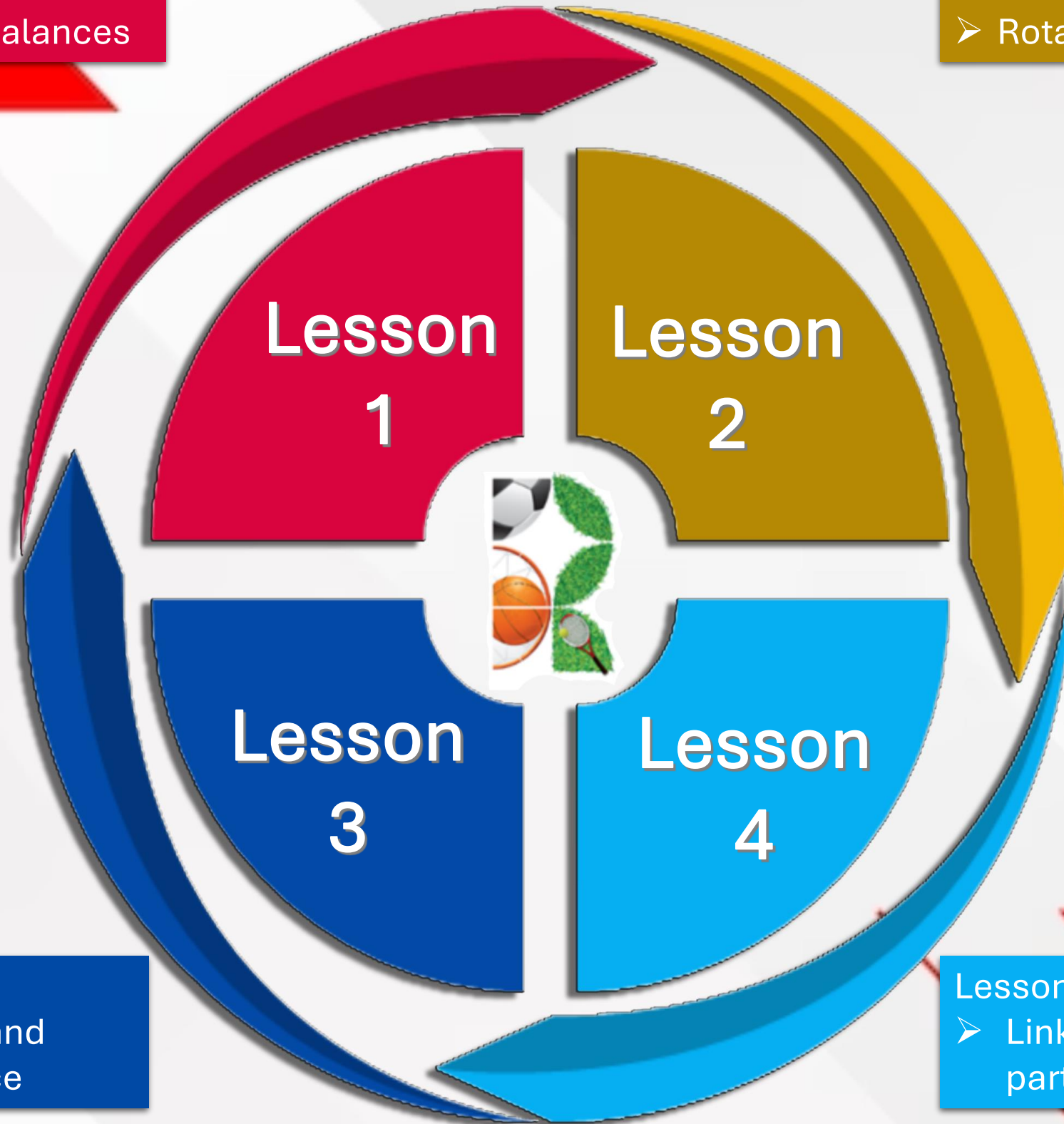
# Year 7 HRF Journey

Lesson 1

➤ Individual Balances

Lesson 2

➤ Rotations



Lesson 4

➤ Rehearsal and performance

Lesson 3

➤ Linking rotations and partner balances

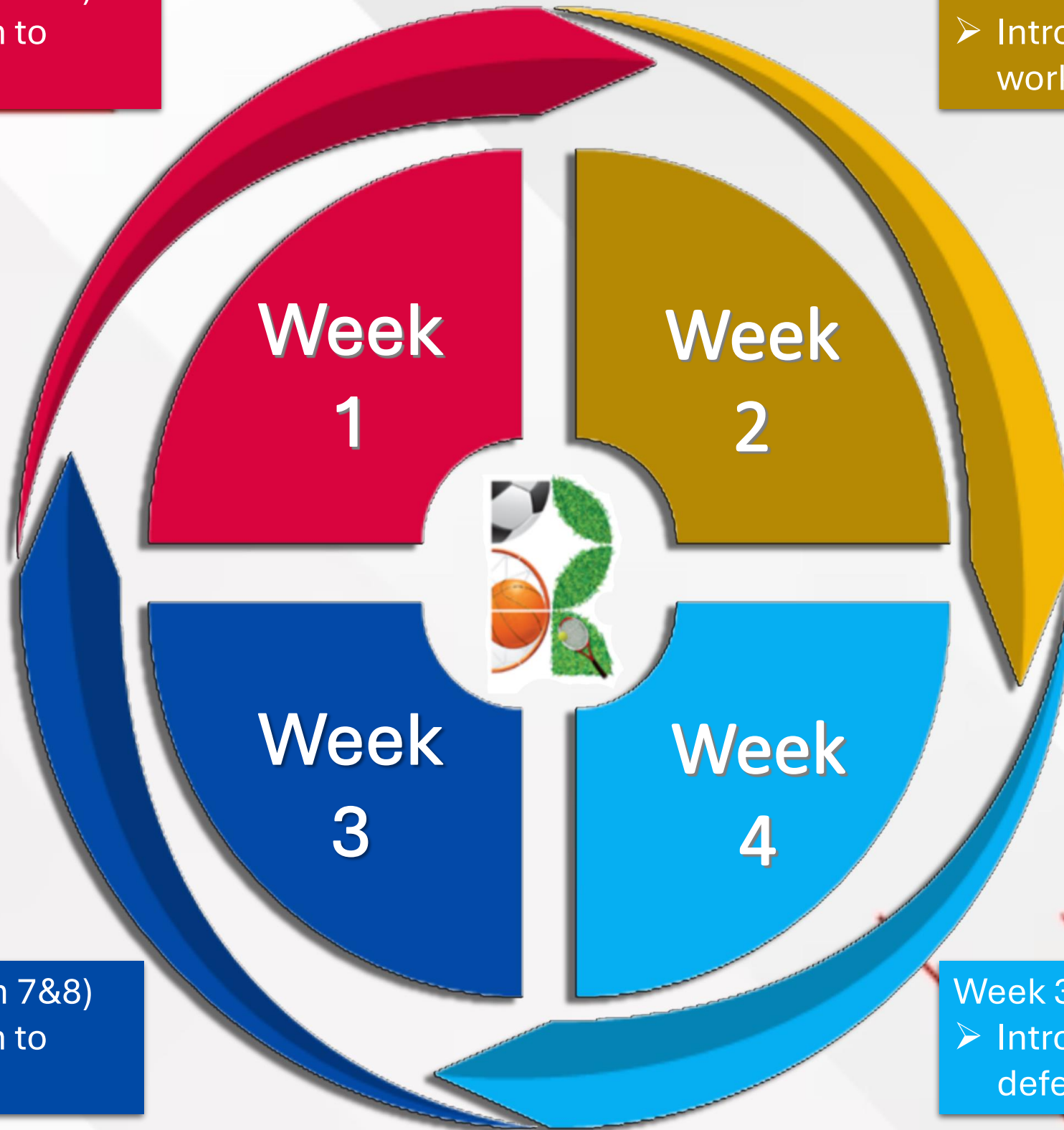
# Year 7 Gymnastics Journey

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

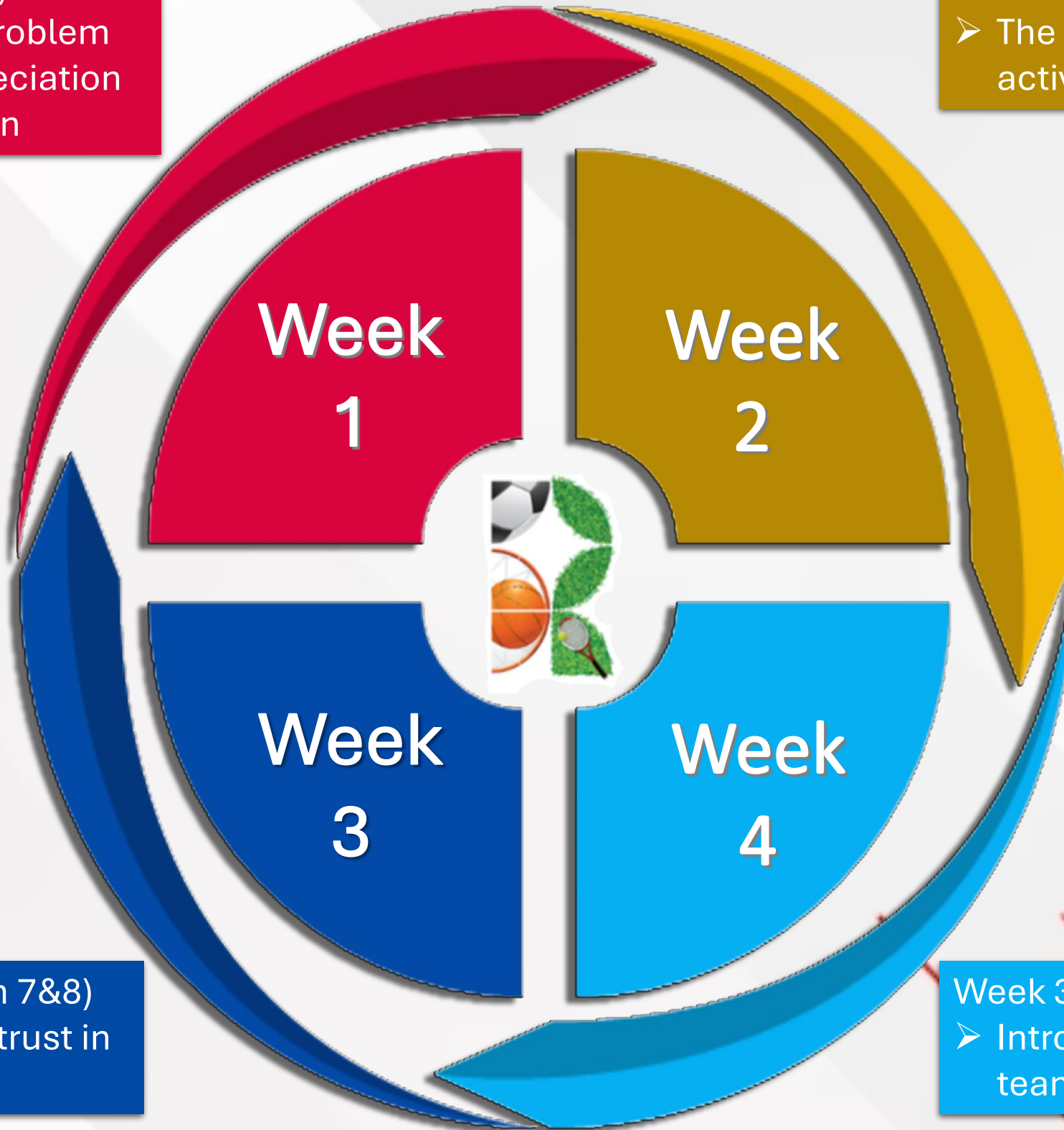
# Year 7 Netball Journey

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Week 4 (lesson 7&8)

- Developing trust in a team

Week 3 (lesson 5&6)

- Introduction to teamwork

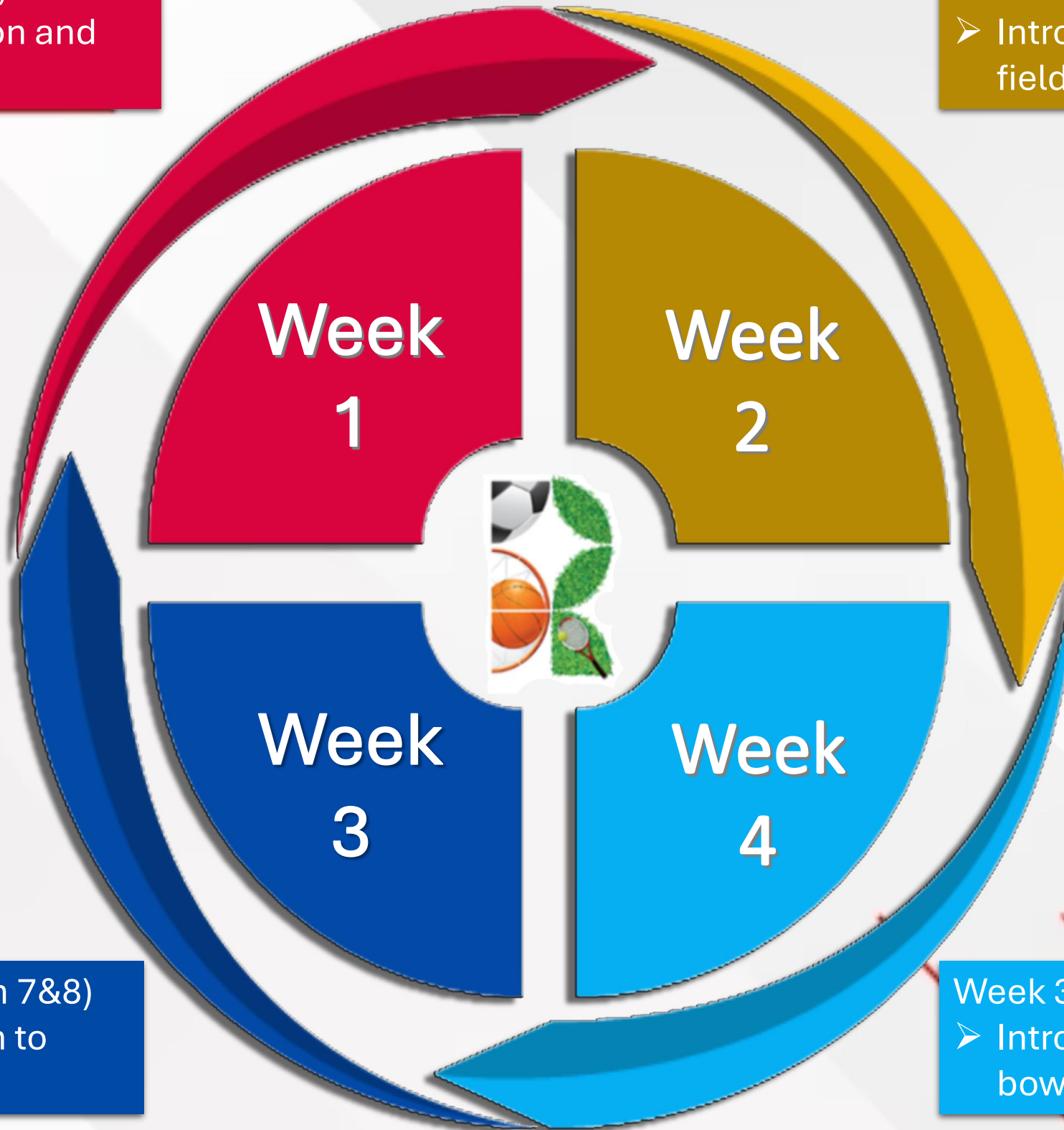
# Year 7 Problem Solving Journey

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

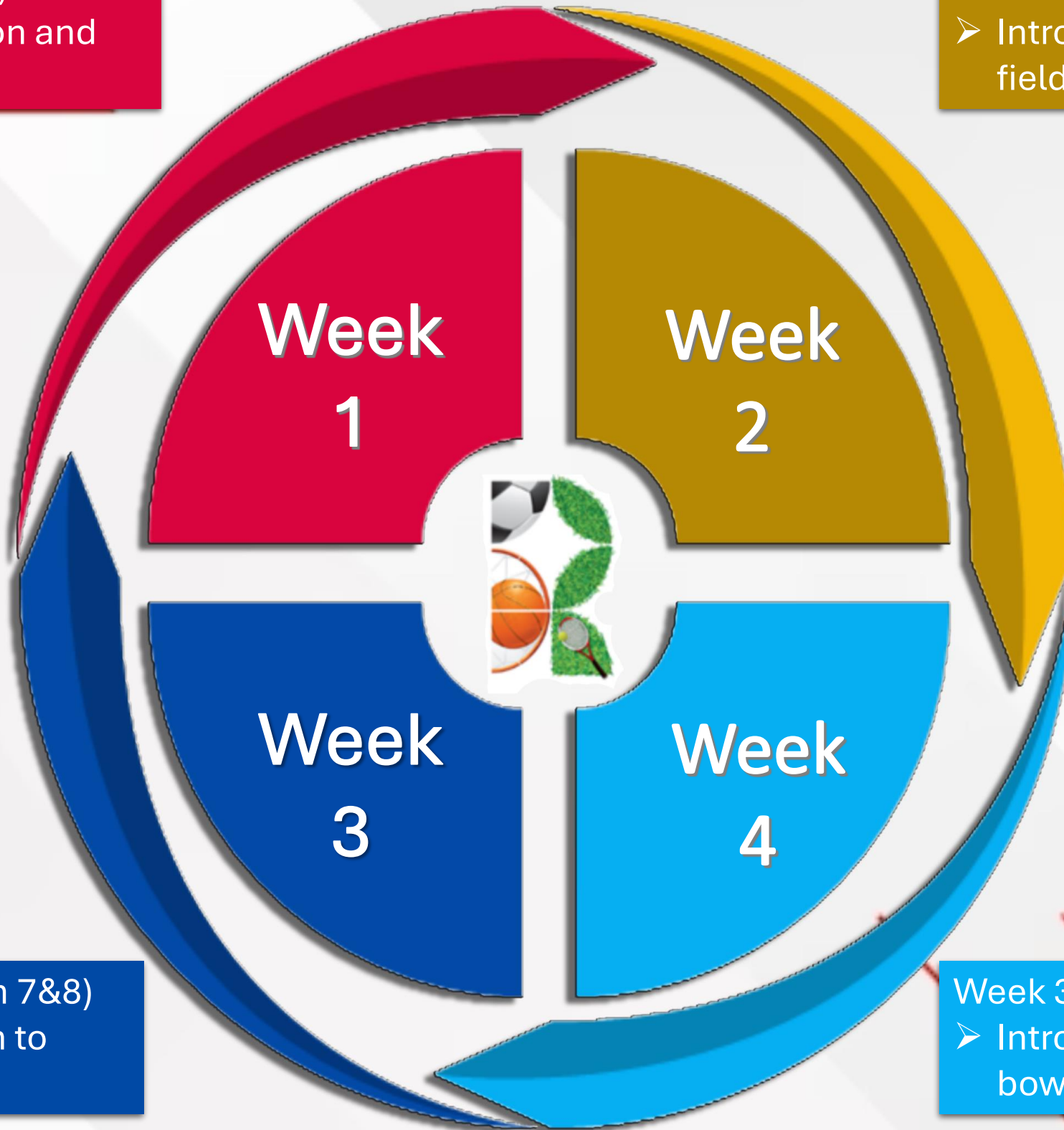
# Year 7 Rounders Journey

Week 1 (lesson 1&2)

- Ball familiarisation and catching

Week 2 (lesson 3&4)

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Week 4 (lesson 7&8)

- Introduction to batting

Week 3 (lesson 5&6)

- Introduction to bowling

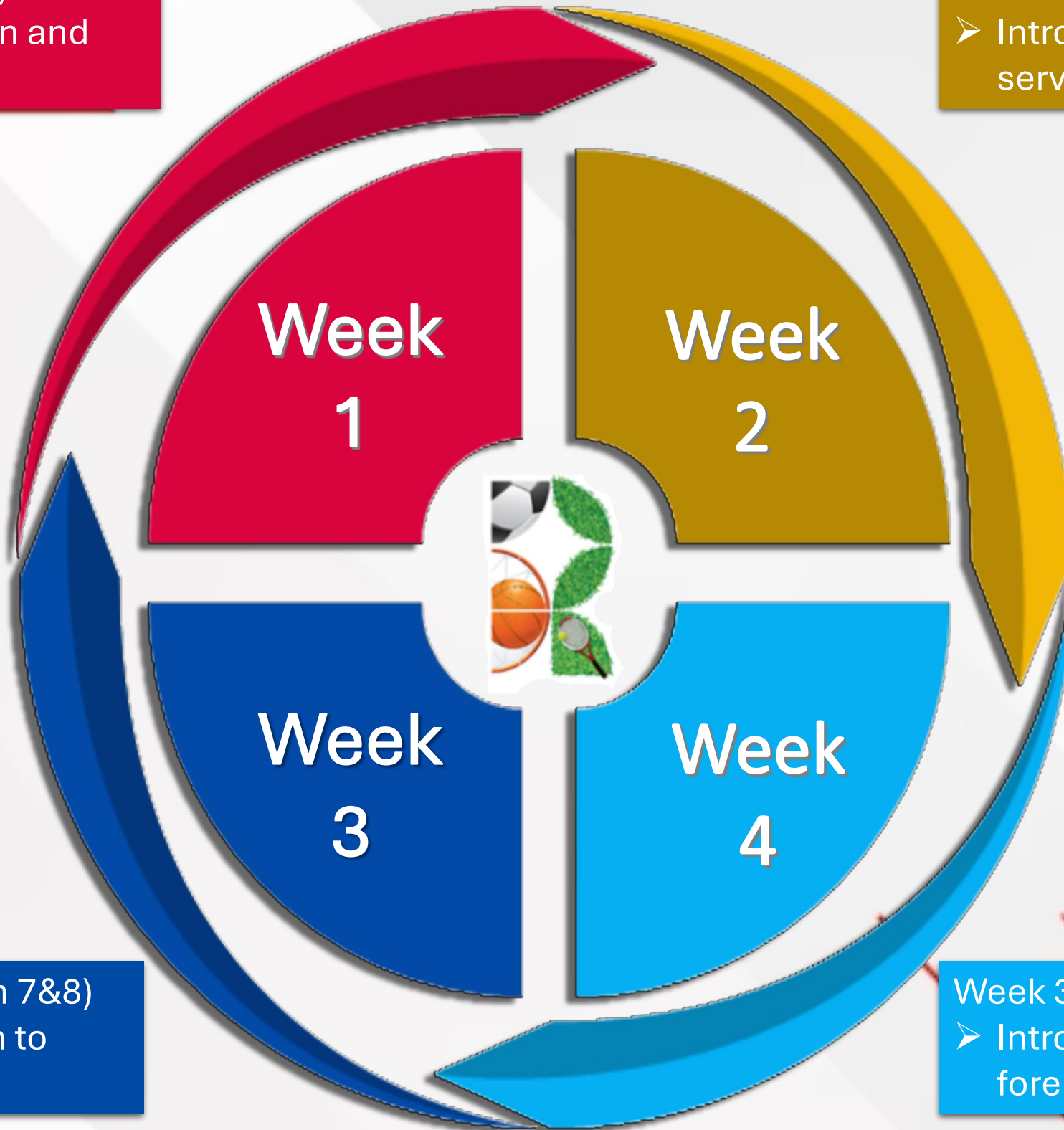
# Year 7 Cricket Journey

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 2  
➤ Introduction to  
800m

Lesson 6  
➤ Introduction to  
discus

Lesson 3  
➤ Introduction to  
long jump

Lesson 5  
➤ Introduction to  
javelin

Lesson 4 ( )  
➤ Introduction to  
high jump



# Year 7 Athletics Journey