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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2**  |
| **Year 9** | **Topic: Empowerment Curriculum** | **Topic: Empowerment Curriculum** | **Topic: Empowerment Curriculum** | **Topic: Empowerment Curriculum**  | **Topic: Empowerment Curriculum** | **Topic:****Empowerment Curriculum** |
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* Creative
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| **Activities:**Performance- Football/Rugby/Handball/Hockey/Netball/ Basketball/ Table Tennis/Badminton/ FitnessSports Leadership- Roles and Responsibilities of a sports leader. Duke of Edinburgh- Volunteering Section- Students will cook for the homeless and complete a litter pick of the school site and read with primary school students. Creative- Trampolining Girls Active- WGSG Rugby  | **Activities:**Performance- Football/Rugby/Handball/Hockey/Netball/ Basketball/ Table Tennis/Badminton/FitnessSports Leadership- What a good leader looks like?Duke of Edinburgh (Physical)- Students developing their personal fitness through goal setting and a personalised training programme.Creative- Gymnastics Girls Active- Healthy Me- Fitness | **Activities:**Performance- Football/Rugby/Handball/Hockey/Netball/ Basketball/ Table Tennis/Badminton/FitnessSports Leadership- Planning and structuring a sports activity session. Duke of Edinburgh (Physical)- Students developing a new skill of bouldering. Creative- Fitness/BadmintonGirls Active- Trampolining  | **Activities:**Performance- Football/Rugby/Handball/Hockey/Netball/ Basketball/ Table Tennis/Badminton/FitnessSports Leadership- Delivering a sports activity session. Duke of Edinburgh (Games)- Students to take part in a range of sporting activities to further develop their physical abilities. Creative- Cycling Girls Active- Sports Leadership | **Activities:**Performance- Athletics/ Rounders/Cricket/ Ultimate Frisbee/Softball Sports Leadership- Rugby leaders level 1Duke of Edinburgh (Expedition Training). Students to learn the new skills required for their expedition. These include putting up tents/rucksacks/first aid and map reading. Creative- Rounders Girls Active- Rounders  | **Activities:**Performance- Athletics/ Rounders/Cricket/ Ultimate Frisbee/Softball Sports Leadership- Rounders ready leadership course. Duke of Edinburgh (Expedition Training). Students to learn the new skills required for their expedition. Students will also upload their evidence.Creative- DanceGirls Active- Active walking- how to keep yourself active.  |