

Progression to next stage of learning:  
Post 16



TREVIGLAS  
ACADEMY

11

### Sport Topic Roadmap

10

Striking & Fielding

Outdoor Adventurous

Invasion Games

Outdoor Adventurous Activities ie Surfing

Net/Wall games

Gymnastics/Dance

9

Striking & Fielding

Athletics

Dance/Gymnastics

Net/wall Games

Net/wall Games

8

Striking & Fielding

Athletics

Invasion Games

Dance/Gymnastics

Gymnastics

Net/wall Games

Invasion Games

7

Coordination/muscular endurance/strength

Agility/reaction time/coordination

Flexibility/strength

Reaction time/coordination

Power/speed/aerobic endurance

Balance/strength & endurance