

## Key Stage 4 Example Option Strands

	STRAND 1		STRAND 2		STRAND 3		STRAND 4		STRAND 5	
Autumn 1	Hockey	Rugby	Volleyball	Basketball	Leadership	Netball	Aerobics	Trampolining	Dodgeball	
Autumn 2	Volleyball	Rugby	Wild Card	Cycling	Leadership	Badminton	Spinning	Basketball	Spinning	
Spring 1	Basketball	Football	Football	Cycling	Leadership	Basketball	Wild Card	Dance	Badminton	
Spring 2	Badminton	Football	Hockey	Football	Leadership	Wild Card	One 2 One	Wild card	Basketball	
	STRAND 1		STRAND 2		STRAND 3		STRAND 4		STRAND 5	
Autumn 1	Rugby	Hockey	Football	Volleyball	Basketball	Handball	Hockey	Leadership	Badminton	Aerobics
Autumn 2	Badminton	Rugby	Basketball	Handball	Wild Card	Hockey	Circuits	Leadership	One 2 One	Trampolining
Spring 1	Football	Basketball	Football	Hockey	Handball	Badminton	Basketball	Leadership	Trampolining	Spinning
Spring 2	Football	Trampolining	Badminton	Wildcard	Cycling	Cycling	Spinning	Leadership	Basketball	Dance