



Term	Week	Focus	Summary	Learning Outcomes	Learning skills
Term 1.1	1	Induction	Staff to lead presentation on the policies within PE	All students to know the policies and procedures for practical PE	
	2	Boys and Girls-Health Related Fitness	Components of Fitness	Pupils will explore a variety of components of fitness such as cardiovascular endurance and muscular strength	Learners will have opportunity to build upon their knowledge of components of fitness to link to various skills and games. (ACP Linking) <u>Critical Thinking - provide a problem whereby a CoF is only demonstrated. What solution can you demonstrate to overcome this?</u>
	3	Boys and Girls-Health Related Fitness	Methods of Training	Pupils will explore a variety of training methods, such as circuit and continuous training	Learners will have opportunity to build upon their knowledge of components of fitness to link to various skills and games. (ACP Linking)
	4	Boys and Girls-Health Related Fitness	Assessment	Pupils will be able to plan and lead a session to develop specific components of fitness	Learners will have opportunity to build upon their knowledge of components of fitness to link to various skills and games. (ACP Linking) <u>Critical Thinking - design a method of training for a specific activity/sports person. To be completed as a group.</u>
	5	Boys - Basketball <b>Girls - Dance</b>	Possession <b>Replicate set phrase</b>	Demonstrate a range of skills to keep possession within Basketball such as 3 man weave and ball handling skills <b>Accurately replicate a set phrase to introduce basic steps of the dance</b>	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking) <u>Critical Thinking - Analysing, provide a problem whereby a certain area is out of bounds on the field/floor, in your own half of the table. What solution can you demonstrate to overcome this?</u>
	6	Boys - Basketball <b>Girls - Dance</b>	Attacking <b>Creating your routine</b>	Apply principle of attacking strategies to outwit opponent <b>Develop the sequence applying the themes of Dance</b>	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking)



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	7	Boys - Basketball <b>Girls - Dance</b>	Defending/Assessment <b>Assessment</b>	Apply defensive strategies such as man to man or zonal to be successful in small sided games. To link previous skills in conditioned games  <b>Perform routine through self and peer assessment</b>	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking)
<b>Term 1.2</b>	1	Boys - Football <b>Girls- Netball</b>	Possession	Demonstrate basic skills to keep possession within Football and Netball such as passing and ball control	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking) <u>Collaborative Learning – specified roles throughout the activity coach, manager, warm up coach, equipment lead</u>
	2	Boys - Football <b>Girls- Netball</b>	Attacking	Apply appropriate attacking strategies to create scoring opportunities	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking)
	3	Boys - Football <b>Girls- Netball</b>	Defending/Assessment	Apply defending techniques to regain possession. To link previous skills in conditioned games	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking) <u>Collaborative Learning – specified roles throughout the activity coach, manager, warm up coach, equipment lead</u>
	4	Boys and Girls Athletics	Replication of Athletics Skills	Accurate replication of events that require speed such as 100m,200m, 400m and Relay Events	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking)

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<b>Term 1.2</b>	5	Boys and Girls Athletics	Replication of Athletics Skills	Accurate replication of skills in distance events such as Shot Putt and Javelin	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking)
	6	Boys and Girls Athletics	Replication of Athletics Skills	Accurate replication of skills in height events such as high jump	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking) <u>Collaborative Learning – specified roles throughout the activity coach, manager, warm up coach, equipment lead</u>
	7	SPORTS DAY	SPORTS DAY	SPORTS DAY	SPORTS DAY