

	Half term 1 Practical	Half term 2 Practical	Half term 3 Practical	Half term 4 Practical	Half term 5 Practical	Half term 6 Practical
7	1 – Indoor baseline assessment 2 – Indoor baseline assessment 3 – Indoor Baseline assessment 1 – Outdoor baseline assessment 2 – Outdoor baseline assessment 3 – Outdoor Baseline assessment	1. Football 2. Rugby 3. Rugby 1. Swimming 2. Fitness 3. Badminton	1. Rugby 2. Football 3. Hockey 1. Badminton 2. Swimming 3. Fitness	1. Rugby 2. Hockey 3. Football 1. Fitness 2.Badminton 3. Swimming	1. Athletics 2. Tennis 3. Softball 1. Softball 2.Athletics 3. Cricket	1. Cricket 2. Softball 3. Athletics 1. Tennis 2. Cricket 3. Softball
	Half term 1 Theory	Half term 2 Theory	Half term 3 Theory	Half term 4 Theory	Half term 5 Theory	Half term 6 Theory
7	Successful sports learner: <ul style="list-style-type: none"> - Prepared to learn PMA - Self-motivated - #workhardplayhard - Take responsibility - Independent and resilient - Enquiring mind and problem solve - Use sports specific vocabulary 	Warming up & cooling down <ul style="list-style-type: none"> - main muscles and stretches Quadriceps, hamstring, Gluteus Maximus, Biceps, triceps, deltoids, trapezius, latissimus Dorsi	Short term effects of exercise (Fitness) <ul style="list-style-type: none"> - Increased breathing rate - Increased heart rate - Sweat production - Skin redness 	Physical components of fitness Components of Fitness: cardiovascular endurance flexibility, muscular endurance, strength (anaerobic power), speed.	Fitness testing <ul style="list-style-type: none"> - Multi stage fitness test - Sit and reach test - Strength diameter - 35mter sprint test 	Movement analysis: Analysis of own performance in sport <ul style="list-style-type: none"> - 2 strengths - 1 area to improve - Plan to improve
8	1. Rugby 2. Football 3.. Football 1. Badminton 2. Swimming 3. Fitness	1. Football 2. Rugby 3. Rugby 1. Swimming 2. Fitness 3. Badminton	1. Rugby 2. Football 3. Invasion Games 1. Fitness 2. Badminton 3. Swimming	1. Football 2. Rugby 3. Invasion Games 1. Table Tennis 2. Swimming 3. Basketball	1. Athletics 2. Tennis 3. Softball 1. Softball 2.Athletics 3. Cricket	1. Cricket 2. Softball 3. Athletics 1. Tennis 2. Cricket 3. Softball
	Leading a Warm up & cool down <ul style="list-style-type: none"> - 3 part warm up 	Long term effects Musculoskeletal system <ul style="list-style-type: none"> - Bone density - Stability of joints - Hypertrophy of muscle - Increased strength 	Fitness testing: agility – Illinois Agility Test, balance – Stork Balance coordination – Wall Toss Test, Vertical Jump Test, reaction time – Ruler Drop Test	Skill related fitness Agility, balance, coordination, power, reaction time,	Performance analysis Analysis of other performance in sport. Offering constructive feedback	Rules and Regulations Umpiring and officiating
9	1. Badminton 2. Swimming 3. Fitness	1. Rugby 2. Football 3.. Football	1. Football/Rugby option 2. Football/Rugby option 3.Invasion games	1. Fitness 2. Badminton 3. Swimming	1. Athletics 2. Tennis 3. Softball	1. Softball 2. Athletics 3. Cricket

	BTEC pupils may be withdrawn to complete intervention	BTEC pupils may be withdrawn to complete intervention	BTEC pupils may be withdrawn to complete intervention	BTEC pupils may be withdrawn to complete intervention	BTEC pupils may be withdrawn to complete intervention	BTEC pupils may be withdrawn to complete intervention
	Benefits of long term exercise and leading a healthy	Leading a Class Warm up & cool down	Performance analysis	Long term effects Cardiorespiratory <ul style="list-style-type: none"> - Increased heart size - Increased stroke volume - Increased cardiac output - Increased oxygen uptake - Increased vo2 max 	Motivation and self confidence <ul style="list-style-type: none"> - Intrinsic - extrinsic Personality in sport <ul style="list-style-type: none"> - Introvert/ extrovert Arousal / anxiety in sport	Rules and Regulations Umpiring and officiating
10	1. Fitness 2. Badminton 3. Swimming BTEC pupils may be withdrawn to complete intervention	1. Rugby 2. Invasion option 3. Invasion option BTEC pupils may be withdrawn to complete intervention	1. Football 2. Invasion option 3. Invasion option BTEC pupils may be withdrawn to complete intervention	1. Badminton 2. Swimming 3. Fitness BTEC pupils may be withdrawn to complete intervention	1. Athletics 2. Tennis 3. Softball BTEC pupils may be withdrawn to complete intervention	1. Softball 2. Athletics 3. Cricket BTEC pupils may be withdrawn to complete intervention
11	1. Fitness 2. Badminton 3. Swimming BTEC pupils may be withdrawn to complete intervention	1. Rugby 2. Invasion option 3. Invasion option BTEC pupils may be withdrawn to complete intervention	1. Football 2. Invasion option 3. Invasion option BTEC pupils may be withdrawn to complete intervention	1. Badminton 2. Swimming 3. Fitness BTEC pupils may be withdrawn to complete intervention	1. Athletics 2. Tennis 3. Softball BTEC pupils may be withdrawn to complete intervention	1. Softball 2. Athletics 3. Cricket BTEC pupils may be withdrawn to complete intervention

Girls

	Half term 1 Practical	Half term 2 Practical	Half term 3 Practical	Half term 4 Practical	Half term 5 Practical	Half term 6 Practical
7	4 – Indoor baseline assessment 5 – Indoor baseline assessment 6 – Indoor Baseline assessment 4 – Outdoor baseline assessment 5 – Outdoor baseline assessment 6 – Outdoor Baseline assessment	4. Netball 5. Netball 6. Football 4. Badminton 5. Fitness 6. Swimming	4. Football 5. Rugby 6. Netball 4. Swimming 5. Badminton 6. Fitness	4. Rugby 5. Football 6. Rugby 4. Fitness 5.Badminton 6. Swimming	4. Athletics 5. Rounders 6. Rounders 4. Rounders 5.Athletics 6. Striking	4. Tennis/ striking 5. Striking/Tennis 6. Striking 4. Cricket 5. Cricket 6. Athletics
	Half term 1 Theory	Half term 2 Theory	Half term 3 Theory	Half term 4 Theory	Half term 5 Theory	Half term 6 Theory
7	Successful sports learner: <ul style="list-style-type: none"> - Prepared to learn PMA - Self-motivated - #workhardplayhard - Take responsibility - Independent and resilient - Enquiring mind and problem solve - Use sports specific vocabulary 	Warming up & cooling down <ul style="list-style-type: none"> - main muscles and stretches Quadriceps, hamstring, Gluteus Maximus, Biceps, triceps, deltoids, trapezius, latissimus Dorsi	Short term effects of exercise (Fitness) <ul style="list-style-type: none"> - Increased breathing rate - Increased heart rate - Sweat production - Skin redness 	Physical components of fitness Components of Fitness: cardiovascular endurance flexibility, muscular endurance, strength (anaerobic power), speed.	Fitness testing <ul style="list-style-type: none"> - Multi stage fitness test - Sit and reach test - Strength diameter - 35mter sprint test 	Movement analysis: Analysis of own performance in sport <ul style="list-style-type: none"> - 2 strengths - 1 area to improve - Plan to improve
8	4. Netball 5. Netball 6. Football 4. Badminton 5. Dance 6. Swimming	4. Football 5. Rugby 6. Rugby 4. Dance 5. Swimming 6. Fitness	1. Rugby 2. Football 3. Invasion Games 1. Swimming 2. Fitness 3. Badminton	1. Football 2. Rugby 3. Invasion Games 1. Fitness 2. Badminton 3. Dance	4. Athletics 5. Rounders 6. Rounders 4. Rounders 5. Athletics 6. Athletics	4. Tennis/ striking 5. Striking/Tennis 6. Striking 4. Cricket 5. Cricket 6. Striking
	Half term 1 Theory	Half term 2 Theory	Half term 3 Theory	Half term 4 Theory	Half term 5 Theory	Half term 6 Theory
	Leading a Warm up & cool down <ul style="list-style-type: none"> - 3 part warm up 	Long term effects Musculoskeletal system <ul style="list-style-type: none"> - Bone density - Stability of joints - Hypertrophy of muscle - Increased strength 	Fitness testing: agility – Illinois Agility Test, balance – Stork Balance coordination – Wall Toss Test, Vertical Jump Test, reaction time – Ruler Drop Test	Skill related fitness Agility, balance, coordination, power, reaction time,	Performance analysis Analysis of other performance in sport. Offering constructive feedback	Rules and Regulations Umpiring and officiating
9	4. Netball 5. Netball 6. Fitness BTEC pupils may be withdrawn to complete intervention	4. Fitness 5. Badminton 6. Dance BTEC pupils may be withdrawn to complete intervention	4. Badminton 5. Fitness 6. Circuit training BTEC pupils may be withdrawn to complete intervention	4. Invasion 5. Invasion 6. Team Building BTEC pupils may be withdrawn to complete intervention	4. Athletics 5. Athletics 6. Fitness BTEC pupils may be withdrawn to complete intervention	4. Rounders 5. Rounders 6. Tennis BTEC pupils may be withdrawn to complete intervention

	Half term 1 Theory	Half term 2 Theory	Half term 3 Theory	Half term 4 Theory	Half term 5 Theory	Half term 6 Theory
	Benefits of long term exercise and leading a healthy lifestyle	Leading a Class Warm up & cool down	Performance analysis - Strengths - Areas to improve	Long term effects Cardiorespiratory - Increased heart size - Increased stroke volume - Increased cardiac output - Increased oxygen uptake - Increased vo2 max	Motivation and self confidence - Intrinsic extrinsic Personality in sport - Introvert/ extrovert Arousal / anxiety in sport	Rules and Regulations Umpiring and officiating
10	4. Netball 5. Netball 6. Fitness BTEC pupils may be withdrawn to complete intervention	4. Fitness 5. Basketball 6. Dance BTEC pupils may be withdrawn to complete intervention	4. Basketball 5. Fitness 6. Studio Fitness BTEC pupils may be withdrawn to complete intervention	4. Invasion 5. Invasion 6. Yoga BTEC pupils may be withdrawn to complete intervention	4. Athletics 5. Athletics 6. Fitness BTEC pupils may be withdrawn to complete intervention	4. Rounders 5. Rounders 6. Tennis BTEC pupils may be withdrawn to complete intervention
11	4. Netball 5. Netball 6. Fitness BTEC pupils may be withdrawn to complete intervention	4. Fitness 5. Volleyball 6. Dance BTEC pupils may be withdrawn to complete intervention	4. Net games 5. Net games 6. Fitness BTEC pupils may be withdrawn to complete intervention	4. Invasion 5. Invasion 6. Yoga and meditation BTEC pupils may be withdrawn to complete intervention	4. Athletics 5. Athletics 6. Fitness BTEC pupils may be withdrawn to complete intervention	4. Rounders 5. Rounders 6. Tennis BTEC pupils may be withdrawn to complete intervention