

	Term 1: Sep-Oct	Term 2: Nov-Dec	Term 3: Jan- Feb	Term 4: Feb-Mar	Term 5: Apr-May	Term 6: Jun-Jul
Year 7 In school delivery	<ul style="list-style-type: none"> Balanced diet / food groups, components and function Benefits of exercise Benefits of exercise finishes with persuasive writing piece Mind and body = somatotypes/BMI Risks and hazards <p>Practical Athletics Dance Orienteering</p>	<ul style="list-style-type: none"> SMART targets Bones Functions of the skeleton Warm up and cool downs Mental health / Self-esteem <p>Practical: Team skills and drills Orienteering Dance</p>	<p>Recap on the structure and function of the skeleton Muscles joints and movements Developing cultural capital Mental health.</p> <p>Practical: Team skills and drills Orienteering Dance Sport Education</p>	<p>Practical: Basketball Cricket Dance Sport Education Rugby Badminton Fitness SOW</p>	<p>Practical: Basketball Cricket Dance Sport Education Rugby Badminton Fitness SOW Athletics</p>	<p>Practical: Basketball Cricket Dance Sport Education Rugby Badminton Fitness SOW Athletics</p>
Isolating students home learning	<ul style="list-style-type: none"> Athletics work booklet Diet and nutrition 5.2.1 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/610466a0-2d1d-11e8-8bbb-85f2a0945a76/session Benefits of exercise 5.1.1, 5.1.2, 5.1.3 and 5.1.4 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/fed953f0-2d1c-11e8-8bbb-85f2a0945a76/session Risks and hazards 2.3.1 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/48ef8120-285f-11e8-84c1-37f624ad4f01/session 	<ul style="list-style-type: none"> Team sports work booklets Football and Hockey <p>Skeleton 1.1.1, 1.1.2 and 1.1.3 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/3c1d23f0-2d26-11e8-b092-e9cd19f97a8b/section-overview</p> <p>SMART targets 4.1.2 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/559319e0-2d1f-11e8-954a-b3f813c59de3/session</p> <p>Warm up and cool downs 2.3.1 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/48ef8120-285f-11e8-84c1-37f624ad4f01/session</p>	<ul style="list-style-type: none"> Team sports work booklets Football and Hockey <p>Skeleton 1.1.1, 1.1.2 and 1.1.3 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/3c1d23f0-2d26-11e8-b092-e9cd19f97a8b/section-overview</p> <p>Muscles 1.2.1 – 1.2.3 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/c20c1ef1-5d5c-42d4-b2dd-6917dbfb0f49/session</p> <p>Mental health https://www.youtube.com/watch?v=DxIDKZH3-E</p>	<p>Work booklets for: Basketball, Cricket, Rugby, badminton.</p>	<p>Work booklets for: Basketball, Cricket, Rugby, badminton.</p>	<p>Work booklets for: Basketball, Cricket, Rugby, badminton.</p>

Year 8 In school delivery	<ul style="list-style-type: none"> Balanced diet / food groups, components and function Benefits of exercise Benefits of exercise finishes with persuasive writing piece Mind and body = somatotypes/BMI Risks and hazards <p>Practical: Athletics Dance Orienteering</p>	<ul style="list-style-type: none"> SMART targets Bones Functions of the skeleton Warm up and cool downs Mental health / Self-esteem <p>Practical: Team skills and drills Orienteering Dance</p>	<p>Practical: Orienteering Team skills and drills Dance Sport Education</p>	<p>Practical : Basketball Cricket Dance Sport Education Rugby Badminton Fitness SOW Athletics</p>	<p>Practical : Basketball Cricket Dance Sport Education Rugby Badminton Fitness SOW Athletics</p>	<p>Practical : Basketball Cricket Dance Sport Education Rugby Badminton Fitness SOW Athletics</p>
Home learning	<ul style="list-style-type: none"> Athletics work booklet Diet and nutrition 5.2.1 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/610466a0-2d1d-11e8-8bbb-85f2a0945a76/session Benefits of exercise 5.1.1, 5.1.2, 5.1.3 and 5.1.4 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/fed953f0-2d1c-11e8-8bbb-85f2a0945a76/session Risks and hazards 2.3.1 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/48ef8120-285f-11e8-84c1-37f624ad4f01/session 	<ul style="list-style-type: none"> Team sports work booklets Football and Hockey <p>Skeleton 1.1.1, 1.1.2 and 1.1.3 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/3c1d23f0-2d26-11e8-b092-e9cd19f97a8b/section-overview</p> <p>SMART targets 4.1.2 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/559319e0-2d1f-11e8-954a-b3f813c59de3/session</p> <p>Warm up and cool downs 2.3.1 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/48ef8120-285f-11e8-84c1-37f624ad4f01/session</p>	<p>Year 8 home learning booklet</p> <p>Joints 1.1.1 – 1.1.3 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/3c1d23f0-2d26-11e8-b092-e9cd19f97a8b/section-overview</p> <p>Muscles 1.2.1 – 1.2.3 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/c20c1ef1-5d5c-42d4-b2dd-6917dbfb0f49/session</p> <p>Components of fitness 2.1.1 – 2.1.7 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/8e902eb3-928d-40cc-9854-6009d2225c5e/session</p> <p>PARQ - https://www.youtube.com/watch?v=96Sym6yhU4c</p>	<p>Year 8 home learning booklet – developing knowledge of sports</p> <p>Basketball Cricket Dance Sport Education Rugby Badminton Fitness SOW Athletics</p>	<p>Year 8 home learning booklet – developing knowledge of sports.</p> <p>Basketball Cricket Dance Sport Education Rugby Badminton Fitness SOW Athletics</p>	<p>Year 8 home learning booklet – developing knowledge of sports.</p> <p>Basketball Cricket Dance Sport Education Rugby Badminton Fitness SOW Athletics</p>
Year 9	<p>PSHE:</p> <ul style="list-style-type: none"> Drugs 	<p>Balanced diet – food groups</p>	<p>Components of fitness Par Q</p>			

In school delivery	<ul style="list-style-type: none"> Alcohol Mental Health <p>Practical: Dance Athletics Orienteering</p>	<p>Balanced diet components and function Benefits of exercise Benefits of exercise extended writing Consequences of a sedentary lifestyle. Mind and body – somatotypes</p> <p>Practical: Team skills and drills Orienteering Dance</p>	<p>Smart Targets Introduction to the skeletal system Joints Introduction to the muscular system Risks and Hazards Warm up and cool downs.</p> <p>Practical: Team skills and drills Orienteering Dance</p>	<p>Practical: Fitness SOW Dance Badminton Basketball Rugby Netball Sport Education</p>	<p>Practical: Fitness SOW Dance Badminton Basketball Rugby Netball Sport Education</p>	<p>Practical: Fitness SOW Dance Badminton Basketball Rugby Netball Sport Education</p>
Isolating students home learning	<p>Athletics work booklet</p>	<p>Diet and nutrition 5.2.1, 5.2.2 and 5.2.3 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/610466a0-2d1d-11e8-8bbb-85f2a0945a76/session</p> <ul style="list-style-type: none"> Benefits of exercise 5.1.1, 5.1.2, 5.1.3 and 5.1.4 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/fed953f0-2d1c-11e8-8bbb-85f2a0945a76/session 	<p>Components of fitness Seneca 2.1.1, 2.1.2, 2.1.3, 2.1.4, 2.1.5 and 2.1.6 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/8e902eb3-928d-40cc-9854-6009d2225c5e/session</p> <p>Smart targets 4.1.2 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/559319e0-2d1f-11e8-954a-b3f813c59de3/session</p> <p>Introduction to the skeletal system 1.1.1, 1.1.2 and 1.1.3 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/3c1d23f0-2d26-11e8-b092-e9cd19f97a8b/section-overview</p>	<p>Y9 work booklet linked to fitness SOW and different sports.</p> <p>Fitness SOW Dance Badminton Basketball Rugby Netball Sport Education</p>	<p>Y9 work booklet linked to fitness SOW and different sports.</p> <p>Fitness SOW Dance Badminton Basketball Rugby Netball Sport Education</p>	<p>Y9 work booklet linked to fitness SOW and different sports.</p> <p>Fitness SOW Dance Badminton Basketball Rugby Netball Sport Education</p>

			<p>Introduction to the muscular system 1.2.1, 1.2.2 and 1.2.3 https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/c20c1ef1-5d5c-42d4-b2dd-6917dbfb0f49/session</p> <p>Risks and hazards 2.3.1 and 2.1.2 Seneca https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/48ef8120-285f-11e8-84c1-37f624ad4f01/session</p>			
Year 10	<p>Athletics Mixed foot games (re-engaging students in physical activity and PE)</p>	<p>Badminton/table tennis Dance Team drills and skills</p>	<p>Football/Netball Sport Education Team drills and skills</p>	<p>Football/Basketball Dance Fitness SOW Sport Education</p>	<p>Hockey/Rugby Fitness SOW Athletics/rugby Badminton</p>	<p>Athletics/cricket Rugby Dance</p>
Isolating students home learning	<p>Year 10 and 11 Athletics exercise programme. Create and complete a home workout programme using the principles from the Year 10 and 11 athletics exercise programme.</p>	<p>Sport specific rules and regulations sports booklet research. Create and complete a home workout programme using the principles from the Year 10 and 11 athletics exercise programme.</p>	<p>Sport specific rules and regulations sports booklet research. Create and complete a home workout programme using the principles from the Year 10 and 11 athletics exercise programme.</p>	<p>Sport specific rules and regulations sports booklet research. Create and complete a home workout programme using the principles from the Year 10 and 11 athletics exercise programme.</p>	<p>Sport specific rules and regulations sports booklet research. Create and complete a home workout programme using the principles from the Year 10 and 11 athletics exercise programme.</p>	<p>Year 10 and 11 Athletics exercise programme. Create and complete a home workout programme using the principles from the Year 10 and 11 athletics exercise programme.</p>
Year 11	<p>Athletics Mixed foot games (re-engaging students in physical activity and PE)</p>	<p>Badminton/Table tennis Team skills and drills Sport Education</p>	<p>Volleyball/Basketball Team skills and rills Sport Education</p>	<p>Netball Dodgeball Fitness SOW</p>	<p>Netball Dodgeball Fitness SOW Cricket</p>	
Isolating students home learning	<p>Year 10 and 11 Athletics exercise programme. Create and complete a home workout programme using the principles from the Year 10 and 11 athletics exercise programme.</p>	<p>Sport specific rules and regulations sports booklet research. Sports education task sheet</p>	<p>Sport specific rules and regulations sports booklet research. Sports education task sheet</p>	<p>Sport specific rules and regulations sports booklet research.</p>	<p>Sport specific rules and regulations sports booklet research.</p>	

