

*resources in bold are currently being made

	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>	School closure: lessons delivered via work being sent to students via email.	Recap on the structure and function of the skeleton Muscles joints and movements Developing cultural capital Mental health.	<p>Practical: Tennis Cricket Dance Sport Education Rugby Badminton Fitness SOW Athletics</p>	<p>Practical: Tennis 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 	<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/559</p>	School closure: lessons delivered via work being sent to students via email.	<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/c20c1ef</p>	<p>Work booklets for: Basketball, badminton ,Tennis Table tennis and dance. Uploaded to teams drive.</p> <p>Home work out video powerpoint uploaded to teams drive.</p>	<p>Work booklets for: Basketball, badminton ,Tennis Table tennis and dance. Uploaded to teams drive.</p> <p>Home work out video powerpoint uploaded to teams drive.</p>

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<p>Year 9 In school delivery</p>	<p>PSHE:</p> <ul style="list-style-type: none"> • Drugs • Alcohol • Mental Health <p>Practical: Dance Athletics Orienteering</p>	<p>Balanced diet – food groups 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>School closure: lessons delivered via work being sent to students via email.</p>	<p>Components of fitness Par Q 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 Tennis Rugby Netball</p>	<p>Practical: Fitness SOW Dance Tennis Rugby Netball</p>

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<p>Isolating students home learning</p>	<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>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>Work booklets for: Dance, Basketball, badminton ,Tennis Table tennis and dance. Uploaded to teams drive.</p> <p>Home work out video powerpoint uploaded to teams drive.</p>	<p>Work booklets for: Dance, Basketball, badminton ,Tennis Table tennis and dance. Uploaded to teams drive.</p> <p>Home work out video powerpoint uploaded to teams drive.</p>
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				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		
Year 10	Athletics Mixed foot games (re-engaging students in physical activity and PE)	Badminton/table tennis Dance Team drills and skills	School closure: lessons delivered via work being sent to students via email.	Football/Netball Sport Education Team drills and skills	Hockey/Rugby Fitness SOW Athletics/rugby Tennis	Hockey/Rugby Fitness SOW Athletics/rugby Tennis
Isolating students home learning	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.	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.		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.	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. Home work out video powerpoint uploaded to teams drive.	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. Home work out video powerpoint uploaded to teams drive.
Year 11	Athletics Mixed foot games (re-engaging students in physical activity and PE)	Badminton/Table tennis Team skills and drills Sport Education	School closure: lessons delivered via work being sent to students via email.	Volleyball/Basketball Team skills and rills Sport Education	Netball Dodgeball Fitness SOW Cricket	
Isolating students home learning	Year 10 and 11 Athletics exercise programme.	Sport specific rules and regulations sports booklet research.		Sport specific rules and regulations sports booklet research. Sports education task sheet	Sport specific rules and regulations sports booklet research.	

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	Create and complete a home workout programme using the principles from the Year 10 and 11 athletics exercise programme.	Sports education task sheet			Home work out video powerpoint uploaded to teams drive.	
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