

YEAR 7			
HEALTHY BODY Taught through vigorous sustained physical activity			
Week	Wk bgn	7a/d	7b/e
		7c/f	
2	4th sept	BASELINE/Rules	
1	11th Sept	Rugby	Netball
2	18th Sep	Rugby	Netball
1	25th Sept	Rugby	Netball
2	2nd Oct	Netball	Basketball
1	9th Oct	Netball	Basketball
2	16th Oct	Netball	Basketball
	23rd Oct	Half Term	
1	30th Oct	Basketball	Rugby
2	6th Nov	Basketball	Rugby
1	13th Nov	Basketball	Rugby
2	20th Nov	OAA/Cross country	Football
1	27th Nov	OAA/Cross country	Football
2	4th Dec	OAA/Cross country	Football
1	11th Dec	Football	Gymnastics
2	18th Dec	Interhouse	Interhouse
		End of Term	
		7a/d	
		7b/e	
		7c/f	
1	8th Jan	Football	Gymnastics
2	15th Jan	Football	Gymnastics
1	22nd Jan	Gymnastics	OAA/Cross Country
2	29th Jan	Gymnastics	OAA/Cross Country
1	5th Feb	Gymnastics	OAA/Cross Country
		Half Term	
		7a/d	
		7b/e	
		7c/f	
2	19th Feb	Handball	Dance
1	26th Feb	Handball	Dance
2	4th Mar	Flag Football	Handball
1	11th Mar	Flag Football	Handball
2	18th Mar	Dance	Flag Football
1	25th Mar	Dance	Flag Football
		End of Term	
		7a/d	
		7b/e	
		7c/f	
2	15th Apr	Athletics - jumps	Athletics - throws
1	22nd Apr	Athletics - jumps	Athletics - throws
2	29th Apr	Athletics - running	Athletics - jumps
1	6th May	Athletics - running	Athletics - jumps
2	13th May	Athletics - throws	Athletics - running
1	20th May	Athletics - throws	Athletics - running
		Half Term	
		7a/d	
		7b/e	
		7c/f	
2	3rd June	Tennis	Rounders
1	12th June	Tennis	Rounders
2	19th June	Health Related Fitness	Tennis
1	26th June	Health Related Fitness	Tennis
2	3rd July	Rounders	Health Related Fitness
1	10th July	Rounders	Health Related Fitness
2	17th July	Activity week	Activity Week

Healthy Mind - Taught through linking activity to theory		
Muscles Quadriceps, Hamstrings Biceps Triceps Deltoid Latisimus Dorsi Pecotrals		
Bones Cranium Humerus Radius Ulna Femur Tibia		
Diet Carbohydrates - Purpose Carbohydrates - Sources Protein- Purpose Protein - Sources Fat - Purpose Fat - Sources		
CV System - What is it How to take your pulse What is heart rate Calculate Max Heart Rate What happens to heart rate when exercising Why does heart rate increase (link to oxygen and glucose)		
Components of fitness Muscular Endurance -Define CV Endurance - Define Strength - Define Power - Define Speed - Define Reaction Time - Define		
Warm Up/Cool Down Pulse Raise Dynamic Movement Mobility Stretching Skill Rehersal Gradually reduce hear rate		

Healthy Relationships - Taught through physical activity and modelling		
Manners and Respect		
Leadership		
Empathy		
Resilience		
Communication		
Co-operation		

		YEAR 8		
		HEALTHY BODY Taught through vigorous sustained physical activity		
Week	Wk bgn	8a/d	8b/e	8c/f
		BASELINE		
2	4th sept			
1	11th Sept	Rugby	Netball	Table Tennis
2	18th Sep	Rugby	Netball	Table Tennis
1	25th Sept	Rugby	Netball	Table Tennis
2	2nd Oct	Netball	Table Tennis	Rugby
1	9th Oct	Netball	Table Tennis	Rugby
2	16th Oct	Netball	Table Tennis	Rugby
	23rd Oct	Half Term		
		8a/d	8b/e	8c/f
1	30th Oct	Table Tennis	Rugby	Netball
2	6th Nov	Table Tennis	Rugby	Netball
1	13th Nov	Table Tennis	Rugby	Netball
2	20th Nov	Handball	Football	Gymnastics
1	27th Nov	Handball	Football	Gymnastics
2	4th Dec	Handball	Football	Gymnastics
1	11th Dec	Football	Gymnastics	Handball
2	18th Dec	Interhouse		
		End of Term		
		8a/d	8b/e	8c/f
1	8th Jan	Football	Gymnastics	Handball
2	15th Jan	Football	Gymnastics	Handball
1	22nd Jan	Gymnastics	Handball	Football
2	29th Jan	Gymnastics	Handball	Football
1	5th Feb	Gymnastics	Handball	Football
2				
		Half Term		
		8a/d	8b/e	8c/f
2	19th Feb	OAA	Dance	Flag Football
1	26th Feb	OAA	Dance	Flag Football
2	4th Mar	Flag Football	OAA	Dance
1	11th Mar	Flag Football	OAA	Dance
2	18th Mar	Dance	Flag Football	OAA
1	25th Mar	Dance	Flag Football	OAA
		End of Term		
		8a/d	8b/e	8c/f
2	15th Apr	Athletics - jumps	Athletics - throws	Athletics - running
1	22nd Apr	Athletics - jumps	Athletics - throws	Athletics - running
2	29th Apr	Athletics - running	Athletics - jumps	Athletics - throws
1	6th May	Athletics - running	Athletics - jumps	Athletics - throws
2	13th May	Athletics - throws	Athletics - running	Athletics - jumps
1	20th May	Athletics - throws	Athletics - throws	Athletics - throws
		Half Term		
		8a/d	8b/e	8c/f
2	3rd June	Health Related Fitness	Tennis	Rounders
1	12th June	Health Related Fitness	Tennis	Rounders
2	19th June	Rounders	Health Related Fitness	Tennis
1	26th June	Rounders	Health Related Fitness	Tennis
2	3rd July	Tennis	Rounders	Health Related Fitness
1	10th July	Tennis	Rounders	Health Related Fitness
2	17th July	Activity week		

Healthy Mind - Taught through linking activity to theory

Muscles
 Quadriceps, Hamstrings
 Bicep, Tricep
 Deltoid, Latissimus Dorsi
 Pectorals, Abdominals
 Gastrocnemius
 Gleteals
 Trapezius

Bones
 Scapula
 Clavivle
 Carpals
 Patella
 Tarsals
 Metacarpals and tarsals
 Phallanges

Diet
 Fibre - Purpose
 Fibre - Sources
 Vitamins- Purpose
 Vitamins - Sources
 Minerals - Purpose
 Minerals - Sources

Respiratory System - What is it
 How to take breathing rate
 What is breathing rate
 What happens to Breathing rate when exercising
 Why does Breathing rate increase (link to oxygen and glucose)
 Recovery - What does HR and BR reducing quickly mean

Components of fitness
 Muscular Endurance -Sporting Examples
 CV Endurance - Sporting Examples
 Strength - Sporting Examples
 Power - Sporting Examples
 Speed - Sporting Examples
 Reaction Time - Sporting Examples

Principles of Training
 Specificity - Definition
 Progression - Definition
 Overload -Definition
 Reversibility - Definition
 Frequency, Intensity
 Time, Type

Healthy Relationships - Taught through physical activity and modelling

Manners and Respect

Leadership

Empathy

Resilience

Communication

Co-operation

YEAR 9				
HEALTHY BODY Taught through vigorous sustained physical activity				
Week	Wk bgn	9HA	9HB	9HC
2	4th sept	Rugby	Netball	Basketball
1	11th Sept	Rugby	Netball	Basketball
2	18th Sep	Rugby	Netball	Basketball
1	25th Sept	Rugby	Netball	Basketball
2	2nd Oct	Basketball	Rugby	Netball
1	9th Oct	Basketball	Rugby	Netball
2	16th Oct	Basketball	Rugby	Netball
Half Term				
1	23rd Oct	9HA	9HB	9HC
2	30th Oct	Basketball	Rugby	Netball
2	6th Nov	Netball	Basketball	Rugby
1	13th Nov	Netball	Basketball	Rugby
2	20th Nov	Netball	Basketball	Rugby
1	27th Nov	Netball	Basketball	Rugby
2	4th Dec	Handball	Football	Gymnastics
1	11th Dec	Handball	Football	Gymnastics
2	18th Dec	Interhouse		
End of Term				
1	8th Jan	Handball	Football	Gymnastics
2	15th Jan	Handball	Football	Gymnastics
1	22nd Jan	Gymnastics	Handball	Football
2	29th Jan	Gymnastics	Handball	Football
1	5th Feb	Gymnastics	Handball	Football
Half Term				
2	19th Feb	9HA	9HB	9HC
1	26th Feb	Gymnastics	Handball	Football
2	4th Mar	Football	Gymnastics	Handball
1	11th Mar	Football	Gymnastics	Handball
2	18th Mar	Football	Gymnastics	Handball
1	25th Mar	Interhouse		
End of Term				
2	15th Apr	9HA	9HB	9HC
1	22nd Apr	Athletics - jumps	Athletics - throws	Athletics - running
2	29th Apr	Athletics - jumps	Athletics - throws	Athletics - running
1	6th May	Athletics - running	Athletics - jumps	Athletics - throws
2	13th May	Athletics - throws	Athletics - running	Athletics - jumps
1	20th May	Athletics - throws	Athletics - running	Athletics - jumps
Half Term				
2	3rd June	9HA	9HB	9HC
1	12th June	Tennis	Rounders	Health Related Fitness
2	19th June	Health Related Fitness	Tennis	Rounders
1	26th June	Health Related Fitness	Tennis	Rounders
2	3rd July	Rounders	Health Related Fitness	Tennis
1	10th July	Rounders	Health Related Fitness	Tennis
2	17th July	Activity week	Activity week	Activity week

Healthy Mind - Taught through linking activity to theory	
Muscles	Basketball
Agonist	Basketball
Antagonist	Basketball
Flexion	Basketball
Extension	Netball
Abduction	Netball
Adduction	Netball
Rotation	Netball
Skeletal System Functions	
Movement	
Support	
Posture	
Blood Cell Production	
Mineral Storage	
Protection	
RETRIEVAL QUESTIONING	
Short Term Effects of Exercise	
Increased Heart Rate	
Increased Breathing Rate	
Increased Body Temperature	
Lactic acid build up	
Increase pliability of Tendons/Ligaments	
Increased Flexibility	
Long term effects of activity	
Bones- Increase bone density	
Muscles - Hypertrophy	
Muscles - Increased strength and endurance	
Heart - Cardiac hypertrophy	
Heart - Increased blood flow to Muscles	
Respiratory - increased strength of diaphragm	
Components of fitness	
Muscular Endurance - Evaluation	
CV Endurance - Evaluation	
Strength - Evaluation	
Power - Evaluation	
Speed - Evaluation	
Reaction Time - Evaluation	
Speed - Evaluation	
Principles of Training	
Specificity - Sporting Examples	
Progression - Sporting Examples	
Overload - Sporting Examples	
Reversibility - Sporting Examples	
Frequency, Intensity	
Time, Type	

Healthy Relationships - Taught through physical activity and modelling	
Manners and Respect	
Leadership	
Empathy	
Resilience	
Communication	
Co-operation	

		YEAR 9	
		BODY Taught through vigorous sustained physio	
Week	Wk bgn	9HD	9HE
2	4th sept	Rugby	Netball
1	11th Sept	Rugby	Netball
2	18th Sep	Rugby	Netball
1	25th Sept	Rugby	Netball
2	2nd Oct	Netball	Rugby
1	9th Oct	Netball	Rugby
2	16h Oct	Netball	Rugby
1	23rd Oct	Half term	Half term
		9HD	9HE
2	30th Oct	Netball	Rugby
1	6th Nov	Basketball	Football
2	13th Nov	Basketball	Football
1	20th Nov	Basketball	Football
2	27th Nov	Basketball	Football
1	4th dec	Football	Basketball
2	11th Dec	Football	Basketball
1	18th Dec	Interhouse	
		End of Term	
2	8th jan	Football	Basketball
1	15th Jan	Football	Basketball
2	22nd Jan	Gymnastics	Handball
1	29th Jan	Gymnastics	Handball
2	5th Feb	Gymnastics	Handball
1	12th Feb	Half term	Half term
		9HD	9HE
2	20th Feb	Gymnastics	Handball
1	27th Feb	Handball	Gymnastics
2	4th March	Handball	Gymnastics
1	11th Mar	Handball	Gymnastics
2	18th Mar	Handball	Gymnastics
1	25th Mar	Interhouse	
		End of Term	
		9HD	9HE
2	15th April	Athletics - jumps	Athletics - throws
1	22nd April	Athletics - jumps	Athletics - throws
2	29th April	Athletics - running	Athletics - jumps
1	6th May	Athletics - running	Athletics - jumps
2	13th May	Athletics - throws	Athletics - running
1	20th May	Athletics - throws	Athletics - running
		Half Term	
		9HD	9HE
2	3rd June	Tennis	Rounders
1	10th June	Tennis	Rounders
2	17th June	Health Related Fitness	Tennis
1	24th June	Health Related Fitness	Tennis
2	1st July	Rounders	Health Related Fitness
1	8th July	Rounders	Health Related Fitness
2	15th July	Activity week	Activity week

Healthy Mind - Taught through linking activity to theory	
Muscles Agonist Antagonist Flexion Extension Abduction Adduction Rotation	
Skeletal System Functions Movement Support Posture Blood Cell Production Mineral Storage Protection	
RETRIEVAL QUESTIONING	
Short Term Effects of Exercise Increased Heart Rate Increased Breathing Rate Increased Body Temperature Lactic acid build up Increase pliability of Tendons/Ligaments Increased Flexibility	
Long term effects of activity Bones- Increase bone density Muscles - Hypertrophy Muscles - Increased strength and endurance Heart - Cardiac hypertrophy Heart - Increased blood flow to Muscles Respiritory - increased strength of diaphragm	
Components of fitness Muscular Endurance -Evaluation CV Endurance - Evaluation Strength - Evaluation Power - Evaluation Speed - Evaluation Reaction Time - Evaluation Speed - Evaluation	
Principles of Training Specificity - Sporting Examples Progression - Sporting Examples Overload -Sporting Examples Reversibility - Sporting Examples Frequency, Intensity Time, Type	

Healthy Relationships - Taught through physical activity and modelling	
Manners and Respect	
Leadership	
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Resilience	
Communication	
Co-operation	