		HEALTHY BODY T	aught through vigorous s	ustained physical activity	
eek	Wk bgn	7ald 7ble 7c/f			
	2 4th sept		BASELINE/Rules		
	1 11th Sept	Rugby	Netball	Basketball	
	2 18th Sep	Rugby	Netball	Basketball	
	1 25th Sept	Rugby	Netball	Basketball	
	2 2nd Oct	Netball	Basketball	Rugby Rugby	
	1 9th Oct	Netball	Basketball		
	2 16th Oct	Netball	Basketball	Rugby	
	23rd Oct	Half Term			
	1 30th Oct	Basketball	Rugby	Netball	
	2 6th Nov	Basketball	Rugby	Netball	
	1 13th Nov	Basketball	Rugby	Netball Gymnastics Gymnastics Gymnastics	
	2 20th Nov	OAA/Cross country	Football Football Football		
	1 27th Nov	OAA/Cross country			
	2 4th Dec	OAA/Cross country			
	1 11th Dec	Football	Gymnastics	OAA/Cross country	
	2 18th Dec	Interhouse	Interhouse	Interhouse	
		End of Term			
		7a/d	7b/e	7c/f	
	1 8th Jan	Football	Gymnastics	OAA/Cross country	
	2 15th Jan	Football	Gymnastics	OAA/Cross country	
	1 22nd Jan	Gymnastics	OAA/Cross Country	Football	
	2 29th Jan	Gymnastics	OAA/Cross Country	Football	
	1 5th Feb	Gymnastics	OAA/Cross Country	Football	
	1 301165	Cymnadado	Or v Cross Country	i ootbali	
		Half Term			
		7a/d	7b/e	7c/f	
	2 19th Feb	Handball	Dance	Flag Football	
	1 26th Feb	Handball	Dance	Flag Football	
	2 4th Mar	Flag Football	Handball	Dance	
	1 11th Mar	Flag Football	Handball	Dance	
	2 18th Mar	Dance	Flag Football	Handball	
	1 25th Mar	Dance	Flag Football	Handball	
		End of Term	Ů		
		7a/d	7b/e	7c/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 Mav	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	· · · · · · · · · · · · · · · · · · ·	, amages jamps	
		7a/d	7b/e	7c/f	
		Tennis	Rounders	Health Related Fitness	
	2 3rd June				
			Rounders	Health Related Fitness	
	1 12th June	Tennis	Rounders Tennis	Health Related Fitness Rounders	
	1 12th June 2 19th June	Tennis Health Related Fitness	Tennis	Rounders	
	1 12th June 2 19th June 1 26th June	Tennis Health Related Fitness Health Related Fitness	Tennis Tennis	Rounders Rounders	
	1 12th June 2 19th June	Tennis Health Related Fitness	Tennis	Rounders	

Healthy Mind - Taught through linking activity to theory	Healthy Relationships - Taught through physical activity and modelling
Muscles	Manners and Respect
Quadriceps,	
Hamstrings	
Biceps	
Triceps	
Deltoid	
Latisimus Dorsi	
Pecotrals	
recottais	
Bones	
Cranium	
Humerus	Leadership
Radius	Ecadership
Ulna	
Femur	
Tibia	
Tibla	
Diet	Empathy
Carbohydrates - Purpose	
Carbohydrates - Sources	
Protein- Purpose	
Protein - Sources	
Fat - Purpose	
Fat - Sources	
	Desilience
CV System - What is it	Resiliance
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)	
with does heart rate increase (link to oxygen and glacose)	
Components of fitness	
Muscualr Endurance -Define	
CV Endurance - Define	Communication
Strength - Define	
Power - Define	
Speed - Define	
Reaction Time - Define	
Troublest Fills Dolling	
Warm Up/Cool Down	
Pulse Raise	Co-operation
Dynamic Movement	
Mahilitur	

Mobility
Stretching
Skill Rehersal
Gradually reduce hear rate

			YEAR 8		
		HEALTHY BODY Taught through vigorous sustained physical activity			
eek	Wk bgn	8a/d	8b/e	8c/f	
	2 4th sept		BASELINE		
	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	

# Healthy Mind - Taught through linking activity to theory

Muscles

Quadriceps, Hamstrings Bicep, Tricep Deltoid, Latisiumus 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

Respiritory 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

Muscualr Endurance -Sporting Examples

CV Endurance - Sporting Examples

Strength - Sporting Examples Power - Sporting Examples

Speed - Sporting Examples

Reaction Time - Sporting Examples

Principles of Training

Specificty - Definition

Progression - Definition

Overload -Definition

Reversibility - Definition

Frequency, Intensity

Time, Type

# Healthy Relationships - Taught through physical activity and modellii

Manners and Respect

Leadership

**Empathy** 

Resiliance

Communication

Co-operation

		YEAR 9 HEALTHY BODY Taught through vigorous sustained physical activity 9HA 9HB 9HC			
Veek	Wk bgn				
vveek	2 4th sept	Rugby	Netball	Basketball	
	1 11th Sept	Rugby	Netball	Basketball	
	2 18th Sept	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	
	2 200 000	Backetban	. taga j	110.00.	
	1 23rd Oct	Half Term			
	2	9HA	9HB	9HC	
	1 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			
		9HA	9HB	9HC	
	2 19th Feb	Gymnastics	Handball	Football	
	1 26th Feb	Football	Gymnastics	Handball	
	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			
		9HA	9HB	9HC	
	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 - running	Athletics - jumps	
		Half Term	0115	-	
	2.2.4.	9HA	9HB	9HC	
	2 3rd June	Tennis	Rounders	Health Related Fitness	
	1 12th June	Tennis	Rounders	Health Related Fitness	
	2 19th June		Tennis	Rounders	
	1 26th June		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
Agonist
Antagonist
Flexion
Extension
Abduction
Adduction
Rotation

Skeletal System Fuctions 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
Respirtory - increased strength of diaphragm

Components of fitness

Muscuair Endurance - Evaluation

CV Endurance - Evaluation

Strength - Evaluation

Power - Evaluation

Speed - Evaluation

Reaction Time - Evaluation

Speed - Evaluation

# Healthy Relationships - Taught through physical activity and modelling

Manners and Respect

Leadership

mnathy

Resiliance

Communication

Co-operation

Week				YEAR 9
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         9HE           9 4D         9HE         Netball           2 30th Oct         Netball         Rugby           1 6th Nov         Basketball         Football           2 3th Nov         Basketball         Football           2 27th Nov         Basketball         Football           2 4th Dec         Football         Basketball           2 1th Dec         Football         Basketball           1 18th Dec         Interhouse           End of Term         Basketball           2 8th jan         Football         Basketball           1 15th Jan         Football         Basketball           2 2nd Jan         Gymnastics         Handball           2 2nd Feb         Gymnastics         Handball           2 3rd Feb         Gy			BODY Taught through v	rigorous sustained physic
1 11th Sept	Week	Wk bgn	9HD	9HE
2 18th Sep	2	4th sept	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         Netball         Rugby           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 1th Dec         Football         Basketball           1 18th Dec         Interhouse           End of Term         Basketball           2 2nd Jan         Gymnastics         Handball           2 2nd Jan         Gymnastics         Handball           2 2nd Jan         Gymnastics         Handball           2 2nd Feb         Gymnastics         Handball           1 2th Feb         Gymnastics         Handball           2 2th Feb         Gymnastics         Handball           1 2th Feb         Handball         Gymnastics           2	1	11th Sept	Rugby	Netball
2 2nd Oct         Netball         Rugby           1 9th Oct         Netball         Rugby           2 16h Oct         Netball         Rugby           1 23rd Oct         Half term         9HD           9 HB         9HE           2 30th Oct         Netball         Rugby           1 6th Nov         Basketball         Football           2 13th Nov         Basketball         Football           2 27th Nov         Basketball         Football           2 27th Nov         Basketball         Football           1 4th dec         Football         Basketball           2 13th Dec         Football         Basketball           2 13th Dec         Interhouse           End of Term         End of Term           2 8th jan         Football         Basketball           1 15th Jan         Football         Basketball           2 2nd Jan         Gymnastics         Handball           2 2pth Jan         Gymnastics         Handball           2 2th Feb         Gymnastics         Handball           1 12th Feb         Gymnastics         Handball           2 2th Feb         Handball         Gymnastics           1 2th Marc         Ha	2	18th Sep	Rugby	Netball
1 9th Oct   Netball   Rugby	1	25th Sept	Rugby	Netball
2 16h Oct	2	2nd Oct	Netball	Rugby
1 23rd Oct 9HD 9HE 2 30th Oct 1 6th Nov 2 13th Nov 1 20th Nov 2 27th Nov 3 Basketball 3 Football 4 27th Nov 5 Basketball 5 Football 6 Football 7 Sasketball 7 Football 8 Basketball 8 Football 9 Basketball 9 Football 1 Sasketball 2 Sath Jan 2 Sath Jan 3 Gymnastics 1 Handball 3 Gymnastics 1 Handball 3 Gymnastics 1 Handball 1 Sasketball 2 Symnastics 1 Handball 3 Gymnastics 1 Handball 3 Gymnastics 1 Handball 4 Gymnastics 1 Sasketball 1	1	9th Oct	Netball	Rugby
9HD 9HE 2 30th Oct Netball Rugby 1 6th Nov Basketball Football 2 13th Nov Basketball Football 1 20th Nov Basketball Football 1 20th Nov Basketball Football 2 27th Nov Basketball Football 2 27th Nov Basketball Football 3 4th dec Football Basketball 2 11th Dec Football Basketball 3 1 18th Dec Interhouse  End of Term 2 8th jan Football Basketball 3 1 25th Jan Football Basketball 3 2 22nd Jan Gymnastics Handball 4 2 22nd Jan Gymnastics Handball 5 1 29th Jan Gymnastics Handball 5 1 27th Feb Haif Ierm Half Ierm  9HD 9HE 2 20th Feb Gymnastics Handball Gymnastics 1 11th Mar Handball Gymnastics 1 11th Mar Handball Gymnastics 1 18th Mar Handball Gymnastics 1 18th Mar Handball Gymnastics 1 25th Mar Handball Gymnast	2	16h Oct	Netball	Rugby
2 30th Oct 1 6th Nov 2 13th Nov Basketball 2 13th Nov Basketball 3 20th Nov Basketball 5 27th Nov Basketball 5 27th Nov Basketball 6 5 6 7 6 7 6 7 6 7 8 8 8 8 8 8 8 8 8 8 8 8	1	23rd Oct	Half term	Half term
1 6th Nov			9HD	9HE
2 13th Nov	2	30th Oct	Netball	Rugby
1 20th Nov	1	6th Nov	Basketball	Football
2 27th Nov	2	13th Nov	Basketball	Football
1 4th dec 2 11th Dec 1 18th Dec 1 18th Dec 2 8th jan 1 15th Jan 2 22nd Jan 1 29th Jan 2 5th Feb 3 Gymnastics 1 12th Feb 4 Handball 2 20th Feb 5 Gymnastics 1 12th Feb 6 Gymnastics 1 27th Feb 1 27th Feb 2 4th Marct 1 13th Marc 1 25th Ma	1	20th Nov	Basketball	Football
2 11th Dec   Football   Basketball   1 18th Dec   Interhouse   2 8th jan   Football   Basketball   1 15th Jan   Football   Basketball   2 22nd Jan   Gymnastics   Handball   2 2th Jan   Gymnastics   Handball   2 5th Feb   Gymnastics   Handball   1 12th Feb   Half lerm   Half term   3	2	27th Nov	Basketball	Football
1 18th Dec  End of Term  2 8th jan 1 15th Jan 2 22nd Jan 3 Gymnastics Handball 2 29th Jan 2 5th Feb 3 Gymnastics Handball 1 12th Feb 4 Haif term  9HD 9HE 2 20th Feb 1 27th Feb 2 4th Marct 1 11th Marct 1 11th Marct 1 12th Marct 2 18th Marct 1 12th April 2 15th April 3 Athletics - jumps 4 Athletics - funning 4 Athletics - funning 5 Athletics - funning 6 Athletics - funning 7 Athletics - funning 8 Athletics - funning	1	4th dec	Football	Basketball
End of Term  2 8th jan 1 15th Jan 2 2nd Jan 3 Gymnastics 1 29th Jan 2 5th Feb 3 Gymnastics 1 12th Feb 4 Half term  9HD 9HE 2 20th Feb 4 Handball 3 27th Feb 4 Handball 4 27th Feb 5 Handball 6 Gymnastics 9 Handball 6 Gymnastics 1 11th Mar 1 21th Mar 2 18th Mar 3 1 25th Mar 4 Handball 6 Gymnastics 1 11th Mar 2 18th Mar 4 Handball 6 Gymnastics 1 11th Mar 5 Handball 7 Gymnastics 1 11th Mar 6 Handball 7 Gymnastics 1 11th Mar 8 Handball 9 Gymnastics 1 11th Mar 9 Handball 9 Gymnastics 1 11th Mar 1 25th Mar 1 27th Feb 9 HB 2 15th Apri 1 2th Handball 6 Gymnastics 1 1therhouse 1 2th Mar 1 2th June 1 Rounders 1 Health Related Fitness 1 Tennis 1 Rounders 1 Health Related Fitness	2	11th Dec	Football	Basketball
2 8th jan 1 15th Jan 2 22nd Jan 3 Gymnastics Handball 2 29th Jan 2 5th Feb 3 Gymnastics Handball 4 12th Feb 4 Half term  9HD 9HE 2 20th Feb 4 Handball 5 Gymnastics Handball 6 Gymnastics Handball 7 The Feb 9HD 9HE 2 20th Feb 1 27th Feb 1 Handball 9 Gymnastics 1 11th March Handball 9 Gymnastics 1 12th March Handball 9 Gymnastics 1 12th March Handball 9 Gymnastics 1 12th March Handball 9 Gymnastics 1 25th March Handball 9 Gymnastics 1 2th June 1 Health Related Fitness 1 Tennis 1 2th June 1 Rounders 1 Health Related Fitness 1 Tennis 1 2th June 1 Rounders 1 Rounders 1 Health Related Fitness 1 Tennis 1 2th June 1 Rounders 1 Rounders 1 Health Related Fitness 1 Health Related Fitness	1	18th Dec	Inter	house
1 15th Jan 2 22nd Jan 3 Gymnastics Handball 1 29th Jan 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 1 11th Mar Handball Gymnastics 1 11th Mar Handball Gymnastics 1 15th Mar Handball Gymnastics 1 15th Mar Handball Gymnastics 1 25th Mar Handball Gymnastics 1 21th Helics - inning Athletics - throws 2 21th Mar Athletics - jumps Athletics - jumps 3 Athletics - running Athletics - jumps 4 Athletics - throws Athletics - running Half Term 9 HD 9 HE 2 3rd June Tennis Rounders 1 2th June Health Related Fitness Tennis 1 2th June Health Related Fitness 1 2th June Health Related Fitness 1 8th July Rounders Health Related Fitness			End of Term	
2 22nd Jan 1 29th Jan 2 5th Feb 3 Gymnastics 1 12th Feb 4 Haif term  SHD 9 HE 2 20th Feb 4 Gymnastics 1 12th Feb 4 Handball 1 27th Feb 4 Handball 1 27th Feb 5 Gymnastics 1 13th March 1 13th March 1 13th March 2 18th March 1 25th March 1 25th March 2 18th March 1 25th March 1 25th March 1 27th Feb 4 Handball 6 Gymnastics 1 11th March 1 Handball 7 Gymnastics 1 11th March 1 Handball 8 Gymnastics 1 11th March 1 Handball 9 Gymnastics 1 12th March 1 Handball 9 Gymnastics 1 12th March 1 Handball 9 Gymnastics 1 21th March 1 Handball 9 He 2 15th April 1 22nd April 2 12th April 3 Halfeits - jumps 4 Athletics - throws 4 Athletics - tunning 4 Athletics - throws 4 Athletics - tunning 5 Athletics - tunning 6 Athletics - tunning 7 Athletics - tunning 8	2	8th jan	Football	Basketball
1 29th Jan 2 5th Feb 3 Feb 3 Feb 4 Half term 4 Half term  9 HD 9 HE 2 20th Feb 1 27th Feb 2 4th March 1 11th Mark 2 11th Mark 2 18th Mark 2 18th Mark 3 Handball 4 Handball 5 Gymnastics 5 Handball 6 Gymnastics 6 Gymnastics 7 Handball 7 Gymnastics 8 Gymnastics 9 Handball 9 Gymnastics 9 Handball 9 Gymnastics 1 11th Mark 1 Handball 9 Gymnastics 1 12th Mark 1 Handball 9 Gymnastics 1 25th Mark 1 Handball 9 Half Term 9 HD 9 HE 2 13th May 1 Athletics - jumps 1 4thletics - jumps 1 4thletics - jumps 1 20th May 1 21th June 2 3rd June 1 10th June 1 10th June 1 12th June 1 24th June 1 24th June 1 24th June 1 25th June 1 Rounders 1 Health Related Fitness 1 Tennis 1 24th June 1 Rounders 1 Health Related Fitness 1 Health Related Fitness 1 Health Related Fitness 1 Rounders 1 Health Related Fitness	1	15th Jan	Football	Basketball
2 5th Feb   Gymnastics   Handball   1 12th Feb   Half term   Half term   2 20th Feb   Gymnastics   Handball   1 27th Feb   Gymnastics   Handball   2 2th Marct   Handball   Gymnastics   2 4th Marct   Handball   Gymnastics   2 1th Mar   Handball   Gymnastics   2 1th Mar   Handball   Gymnastics   2 1th Mar   Handball   Gymnastics   1 25th Mar   Handball   Gymnastics   1 25th Mar   Handball   Gymnastics   1 25th Mar   Handball   Gymnastics   1 2th Apri   Athletics - jumps   Athletics - throws   2 2th Apri   Athletics - jumps   Athletics - throws   2 2th Apri   Athletics - running   Athletics - jumps   2 1th May   Athletics - throws   Athletics - running   3 2th May   Athletics - throws   Athletics - running   4 Athletics - throws   Athletics - throws   5 Athletics - throws   Athletics - throws   6 Athletics - throws   Athletics - throws   7 Athletics - throws   Athletics - throws   8 Athletics - throws   Athletics - throws	2	2 22nd Jan	Gymnastics	Handball
1 12th Feb Haif term Half term  9HD 9HE 2 20th Feb Gymnastics Handball 1 27th Feb Handball Gymnastics 2 4th Marct 1 11th Mar Handball Gymnastics 2 18th Mar Handball Gymnastics 1 25th Mar Handball Haletics - impression Athletics - throws 2 12nd Apri Athletics - jumps Athletics - jumps 1 22nd Apri Athletics - running Athletics - jumps 2 13th May Athletics - throws Athletics - running 1 20th May Athletics - throws Ath	1	29th Jan	Gymnastics	Handball
9HD 9HE 2 20th Feb Gymnastics Handball 1 27th Feb Handball Gymnastics 2 4th Marcl Handball Gymnastics 1 11th Mar Handball Gymnastics 2 18th Mar Handball Gymnastics 1 25th Mar Handball Handball Gymnastics 1 25th Mar Handball Handball Gymnastics 1 25th Mar Handball Handball Gymnastics 1 24th June Health Related Fitness 1 24th June Health Related Fitness 1 2th July Rounders Health Related Fitness 1 8th July Rounders Health Related Fitness 1 8th July Rounders Health Related Fitness	2	5th Feb	Gymnastics	Handball
2 20th Feb   Gymnastics   Handball   1 27th Feb   Handball   Gymnastics   2 4th March   Handball   Gymnastics   1 11th Mar   Handball   Gymnastics   1 11th Mar   Handball   Gymnastics   2 18th Mar   Handball   Gymnastics   2 18th Mar   Handball   Gymnastics   2 18th Mar   Handball   Gymnastics   1 25th Mar   Handball   Gymnastics   1 25th Apri   Handball   Gymnastics   1 25th Apri   Handball   Gymnastics   1 21th Apri   Halteics - jumps   Athletics - throws   2 29th Apr   Athletics - jumps   Athletics - jumps   Athletics - running   Athletics - running   1 20th May   Athletics - throws   Athletics - running   1 20th May   Athletics - throws   Athletics - running   1 20th May   Athletics - throws   Athletics - running   1 20th May   Athletics - throws   Athletics - running   1 21th June   Tennis   Rounders   2 21th June   Tennis   Rounders   2 21th June   Tennis   Tennis   3 24th June   Tennis   Tennis   4 24th June   Tennis   Tennis   5 24th June   Tennis   Tennis   6 2 3rd June   Tennis   Tennis   7 3 4thletics - throws   Tennis   8 4thletics - throws   Athletics - throws   8 4thletics - throws   Athletics - running   8 4thletics - throws   Athletics - throws   8 4	1	12th Feb	Half term	Half term
2 20th Feb   Gymnastics   Handball   1 27th Feb   Handball   Gymnastics   2 4th March   Handball   Gymnastics   1 11th Mar   Handball   Gymnastics   1 11th Mar   Handball   Gymnastics   2 18th Mar   Handball   Gymnastics   2 18th Mar   Handball   Gymnastics   2 18th Mar   Handball   Gymnastics   1 25th Mar   Handball   Gymnastics   1 25th Apri   Handball   Gymnastics   1 25th Apri   Handball   Gymnastics   1 21th Apri   Halteics - jumps   Athletics - throws   2 29th Apr   Athletics - jumps   Athletics - jumps   Athletics - running   Athletics - running   1 20th May   Athletics - throws   Athletics - running   1 20th May   Athletics - throws   Athletics - running   1 20th May   Athletics - throws   Athletics - running   1 20th May   Athletics - throws   Athletics - running   1 21th June   Tennis   Rounders   2 21th June   Tennis   Rounders   2 21th June   Tennis   Tennis   3 24th June   Tennis   Tennis   4 24th June   Tennis   Tennis   5 24th June   Tennis   Tennis   6 2 3rd June   Tennis   Tennis   7 3 4thletics - throws   Tennis   8 4thletics - throws   Athletics - throws   8 4thletics - throws   Athletics - running   8 4thletics - throws   Athletics - throws   8 4				
1 27th Feb Handball Gymnastics 2 4th Marcl Handball Gymnastics 1 11th Marcl Handball Gymnastics 2 18th Marcl Handball Gymnastics 1 25th Marcl Handball Gymnastics 1 15th April Handball Gymnastics 1 15th April Handball Gymnastics 1 15th Marcl Handball Beynnastics 1 15th Marcl Handball Beynnast			9HD	9HE
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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	1	6th May	Athletics - running	Athletics - jumps
Half Term   9HD   SHE	2	13th May		Athletics - running
Half Term   9HD   9HE	1	20th May	Athletics - throws	Athletics - running
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			Half Term	·
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YEAR 9

Healthy Mind - Taught through linking activity to theory

Muscles Agonist Antagonist Flexion Extension Abduction Adduction Rotation Skeletal System Fuctions 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 Respirtory - increased strength of diaphragm Components of fitness Muscualr Endurance -Evaluation CV Endurance - Evaluation Strength - Evaluation Power - Evaluation Speed - Evaluation Reaction Time - Evaluation Speed - Evaluation Principles of Training

Principles of Training
Specificty - Sporting Examples
Progression - Sporting Examples
Overload -Sporting Examples
Reversibility - Sporting Examples
Frequency, Intensity
Time, Type

# Healthy Relationships - Taught through physical activity and modellin

**Manners and Respect** 

Leadership

Empathy

Resiliance

Communication

Co-operation