

Healthy Body Objectives - Taught through Sustained Vigorous Physical Activity - Linked to activity on SOL

Healthy Mind Objectives - Taught through practical lessons and discussion

Week	Wk bgn	Pathway 1	Pathway 2	Pathway 3
2	5th sept		PE Introduction Lessons	
1	12th Sept	Rugby	Netball	Speedminton
2	19th Sep	Rugby	Netball	Speedminton
1	26th Sept	Rugby	Netball	Speedminton
2	3rd Oct	Rugby	Netball	Speedminton
1	10th Oct	Basketball	Handball	Yoga
2	17th Oct	Basketball	Handball	Yoga
	24th Oct			
1	31st Oct	Basketball	Handball	Yoga
2	7th Nov	Football	Dance	Exercise to music
1	14th Nov	Football	Dance	Exercise to music
2	21st Nov	Football	Dance	Exercise to music
1	28th Nov	Football	Dance	Exercise to music
2	5th dec	Handball	Basketball	Box Fit
1	6th Dec	Handball	Basketball	Box Fit
2	12th Dec	Handball	Basketball	Box Fit
1	2nd Jan	Flag Football	Dance	Table Tennis
2	9th Jan	Flag Football	Dance	Table Tennis
1	16th Jan	Flag Football	Dance	Table Tennis
2	23rd Jan	Flag Football	Dance	Table Tennis
1	30th Jan	Futsal	Fitness	Orienteering/Cross Country
	6th Feb	Futsal	Fitness	Orienteering/Cross Country
2	20th Feb	Futsal	Fitness	Orienteering/Cross Country
1	27th Feb	Futsal	Fitness	Orienteering/ Cross Country
2	6th March	Table Tennis	Invasion games	Dodgeball
1	13th March	Table Tennis	Invasion games	Dodgeball
2	20th March	Table Tennis	Invasion games	Dodgeball
1	27th March	Table Tennis	Invasion games	Dodgeball
2	17th April	Athletics	Volleyball	Athletics
1	24th April	Athletics	Volleyball	Athletics
2	1st May	Athletics	Volleyball	Athletics
1	8th May (Work Ex)	Softball	Athletics	Tennis
2	15th May	Softball	Athletics	Tennis
1	22nd May	Softball	Athletics	Tennis
2	3rd June	Tennis	Rounders	Volleyball
1	12th June	Tennis	Rounders	Volleyball
2	19th June	Tennis	Rounders	Volleyball
1	26th June	Cricket	Tennis	Rounders
2	3rd July	Cricket	Tennis	Rounders
1	10th July	Cricket	Tennis	Rounders
2	17th July	activity week	activity week	activity week
		END OF YEAR		

3 strands of health

- How exercise benefits to social health
- Mental Health - What is it
- How exercise benefits to mental health
- Physical Health - What is it
- How exercise benefits physical health (CV + RESPIRATORY)
- How exercise benefits physical health (Body Composition)

- Mental Preparation+ Relaxation
- Imagery -What is it
- Imagery - How is it used
- Selective attention - What is it
- Selective attention - How is it used
- Positive Thinking - What is it
- Positive Thinking - How is it used
- Benefits of using mental preparation and relaxation

- Training
- Max Heart Rate
- Training Zones
- Aerobic Zone
- Anaerobic Zones
- How do we train strength
- Benefits of strength training

- Athletes that would use strength training
- How do we train endurance
- Benefits of endurance training
- Athletes that would use endurance training

Information on local facilities/gyms etc

Components of fitness- What are they and who uses them, make relevant to event Strength - Shot Put, Power- Javelin, 100m Speed, 1500m - endurance etc

SMART Targets

- Specific
- Measurable
- Achievable
- Recorder
- Timed

Students Make a target for their continual physical activity post 16
 Students Make a target for their continual physical activity post 16

Example goals - I want to remain active by joining a gym and attending 3 x a week for the first 6 months when I leave school

Healthy Body Objectives - Taught thought Sustained Vigorous Physical Activity - Linked to activity on SOW

		Pathway 1	Pathway 2 10Y	Pathway 2 10X		
Week	Wk bgn					
2	5th sept	PE Introduction Lessons				
1	12th Sept	Rugby	Netball	Speedminton		
2	19th Sep	Rugby	Netball	Speedminton		
1	26th Sept	Rugby	Netball	Speedminton		
2	3rd Oct	Rugby	Netball	Speedminton		
1	10th Oct	Basketball	Handball	Yoga		
2	17th Oct	Basketball	Handball	Yoga		
	24th Oct					
1	31st Oct	Basketball	Handball	Yoga		
2	7th Nov	Football	Dance	Exercise to music		
1	14th Nov	Football	Dance	Exercise to music		
2	21st Nov	Football	Dance	Exercise to music		
1	28th Nov	Football	Dance	Exercise to music		
2	5th dec	Handball	Basketball	Box Fit		
1	6th Dec	Handball	Basketball	Box Fit		
2	12th Dec	Handball	Basketball	Box Fit		
1	2nd Jan	Futsal	Volleyball	Orienteering		
2	9th Jan	Futsal	Volleyball	Orienteering		
1	16th Jan	Futsal	Volleyball	Orienteering		
2	23rd Jan	Futsal	Volleyball	Orienteering		
1	30th Jan	Flag Football	Fitness	Table Tennis		
	20th Feb	Flag Football	Fitness	Table Tennis		
2	27th Feb	Flag Football	Fitness	Table Tennis		
1	6th Marh	Table Tennis	Invasion games	Dodgeball		
2	13th March	Table Tennis	Invasion games	Dodgeball		
1	20th March	Table Tennis	Invasion games	Dodgeball		
2	27th March	Table Tennis	Invasion games	Dodgeball		
1	17th April	Athletics	Volleyball	Rounders		
2	24th April	Athletics	Volleyball	Rounders		
1	1st May	Athletics	Volleyball	Rounders		
2	8th May	Softball	Athletics	Tennis		
1	15th May	Softball	Athletics	Tennis		
2	22nd May	Softball	Athletics	Tennis		
1	3rd June	Tennis	Rounders	Volleyball		
2	12th June	Tennis	Rounders	Volleyball		
1	19th June	Tennis	Rounders	Volleyball		
2	26th June	Cricket	Tennis	Ultimate Frezbie		
1	3rd July	Cricket	Tennis	Ultimate Frezbie		
2	10th July	Cricket	Tennis	Ultimate Frezbie		
1	17th July	activity week	activity week	activity week		
		END OF YEAR				
		END OF YEAR				

Wk bgn
Week

	Pathway 1 Y10	Pathway 2 Y10
Wk bgn		
2 5th sept	PE Introduction Lessons	
1 12th Sept	Football	Netball
2 19th Sep	Football	Netball
1 26th Sept	Football	Netball
2 3rd Oct	Football	Netball
1 10th Oct	Football	Netball
2 17th Oct	Football	Netball
1 24th Oct		
1 31st Oct	Hnadball	Yoga
2 7th Nov	Handball	yoga
1 14th Nov	Handball	yoga
2 21st Nov	Handball	Dance
1 28th Nov	Handball	Dance
2 5th dec	Handball	Dance
1 6th Dec	Handball	Dance
2 12th Dec	Inter house	Inter house
1 2nd Jan	Basketball	Fitness
2 9th Jan	Basketball	Fitness
1 16th Jan	Basketball	Fitness
2 23rd Jan	Invasion Games	Invasion Games
1 30th Jan	Invasion Games	Invasion Games
8th Feb	Invasion Games	Invasion Games
20th Feb	Invasion Games	Invasion Games
27th Feb	Invasion Games	Invasion Games
2 6th Marh	Futsal	TT
1 13th March	Futsal	TT
2 20th March	Futsal	TT
1 27th March	Futsal	TT
1 17th April	Athletics	Rounders
2 24th April	Athletics	Rounders
1 1st May	Athletics	Rounders
2 8th May	Athletics	Rounders
1 15th May	Rounders	Athletics
2 22nd May	Rounders	Athletics
3rd June	Rounders	Athletics
1 12th June	Tennis	Volletball
2 19th June	Tennis	Volleyball
1 26th June	Tennis	Volleyball
2 3rd July	Cricket	Tennis
1 10th July	Cricket	Tennis
2 17th July	Cricket	Tennis
	END OF YEAR	

		Healthy Body Objectives - Taught through Sustained Vigorous Physical Activity - Linked to activity on SOW			Healthy Mind Objectives - Taught through practical lessons and discussion	
Week	Wk bgn	Pathway 1	Pathway 2	Pathway 3		
	4th sept	PE Introduction Lessons				
1	11th Sept	Football	Netball	Speedminton		
2	18th Sep	Football	Netball	Speedminton		
1	25th Sept	Football	Netball	Speedminton		
2	2nd Oct	Football	Netball	Speedminton		
1	9th Oct	Rugby	Handball	Yoga		
2	16th Oct	Rugby	Handball	Yoga		
1	30th Oct	Rugby	Handball	Yoga		
2	6th Nov	Rugby	Handball	Yoga		
1	13th Nov	Basketball	Dance	Mindful Walking		
2	20th Nov	Basketball	Dance	Mindful Walking		
1	27th Nov	Basketball	Dance	Mindful Walking		
2	4th Dec	Handball	Basketball	Box Fit		
1	11th Dec	Handball	Basketball	Box Fit		
2	18th Dec	Handball	Basketball	Box Fit		
1	2nd Jan	Futsal	Volleyball	Orienteering		
2	9th Jan	Futsal	Volleyball	Orienteering		
1	16th Jan	Futsal	Volleyball	Orienteering		
2	23rd Jan	Futsal	Volleyball	Orienteering		
1	30th Jan	Flag Football	Fitness	Table Tennis		
	20th Feb	Flag Football	Fitness	Table Tennis		
2	27th Feb	Flag Football	Fitness	Table Tennis		
1	6th March	Flag Football	Fitness	Table Tennis		
2	13th March	Football GCSE	Invasion games	Dodgeball		
1	20th March	Football GCSE	Invasion games	Dodgeball		
2	27th March	Football GCSE	Invasion games	Dodgeball		
1	17th April	Fitness	Invasion games	Dodgeball		
2	24th April	Fitness	Rounders	Volleyball		
1	1st May	Fitness	Rounders	Volleyball		
2	8th May	Softball	Rounders	Volleyball		
1	15th May	Softball	Athletics	Tennis		
2	22nd May	Softball	Athletics	Tennis		

Healthy Mind Objectives
Barriers to Physical Activity

- Age-Why
- Age - How can we remove the barrier
- Gender - Why
- Gender - How can we remove the barrier
- Ethnicity - Why
- Ethnicity - How can we remove the barrier

- Health Benefits of PA
- CHD
- Blood Pressure
- Bone Density
- Obesity
- Type 2 Diabetes
- Posture

- Emotional Benefits
- Increase Self Esteem - How?
- Stress Management - How?
- Exercise Dangers
- Injury
- Obsession
- Hazards

- Diet
- Protein - What does it do
- Protein - What foods have it
- Carbohydrates - What does it do
- Carbohydrates - What foods have it

SMART Targets

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Students Make a target for their continual physical activity post 16

Example goals - I want to remain active by joining a gym and attending 3 x a week for the first 6 months when I leave school

Week

		11Y/x Pathway 1	11Y/x Pathway 2
	Wk bgn		
2	5th sept	PE Introduction Lessons	
1	12th Sept	Football	Netball
2	19th Sep	Football	Netball
1	26th Sept	Football	Netball
2	3rd Oct	Football	Netball
1	10th Oct	Football	Handball
2	17th Oct	Football	Handball
	24th Oct		
1	31st Oct	Rugby	Handball
2	7th Nov	Rugby	yoga
1	14th Nov	Rugby	yoga
2	21st Nov	Rugby	yoga
1	28th Nov	Handball	Dance
2	5th dec	Handball	Dance
1	6th Dec	Handball	Dance
2	12th Dec	Handball	Dance
1	2nd Jan	Volleyball	TT
2	9th Jan	Volleyball	TT
1	16th Jan	Volleyball	TT
2	23rd Jan	Volleyball	TT
1	30th Jan	Volleyball	TT
	20th Feb	Futsal	Circuit Training
2	27th Feb	Futsal	Circuit training
1	6th Marh	Futsal	Circuit training
2	13th March	Futsal	Circuit training
1	20th March	Futsal	Circuit training
2	27th March	interhouse	interhouse
1	17th April	Fitness	Invasion games
2	24th April	Fitness	Invasion games
1	1st May	Fitness	Invasion games
2	8th May	Athletics	Rounders
1	15th May	Athletics	Rounders
2	22nd May	Athletics	Rounders