



Know about different exercise and fitness activities.

- Identify different indoor exercise and fitness activities
- Identify different outdoor exercise and fitness activities

Actively participate in exercise and fitness activities and demonstrate:

- Time-management skills.
- Appropriate dress for the activity.
- Following instructions provided by the activity leader.
- Following health and safety guidelines before, during and after activities.

Be able to review own performance

- Identify own strengths and areas for improvement in exercise and fitness activities

YEAR 11

Unit 6 Taking part in Exercise and Fitness activities

Pupils will gain a knowledge of the following systems within the body.

- functions of the skeletal system.
- functions of the muscular system.
- functions of the cardiorespiratory systems (Heart and Lungs).
- Know the requirements of a healthy diet

BTEC Sport and Active Leisure

Pupils will further develop their running and throwing techniques for specific events in order to improve performances.

- Discuss
- Shotput
- Javelin
- 100m,200m, 400m.

Unit 11 How the body works.

YEAR 10

Athletics

Pupils will further develop individual techniques learned in year 8

- Begin to use the long barrier when fielding.
- Drive shot.
- Pull shot.

Demonstrate through active participation how healthy lifestyle factors can positively impact your health.

- Circuit Training
- Bleep test

Pupils will focus on replicating and developing techniques and rules learned in year 8.

- Be able to officiate a badminton match.
- Demonstrate the knowledge and skills to participate within a doubles competition.

Further develop tactics, strategies, skills and rules learned in year 8.

- Be able to perform front tackle in rugby.
- Be able to make strategic decisions in both attacking and defending situations.

Invasion games

Net and Court Games.

Health Related Fitness

Striking and Fielding Games.

YEAR 9

Pupils will further develop their running, and throwing techniques for specific events in order to improve performances.

- Discuss
- Shotput
- Javelin
- 100m,200m, 400m.

Pupils will develop individual techniques learned in year 7 (batting, bowling and fielding).

- Begin to use the long barrier when fielding.
- Drive shot.
- Pull shot.

Pupils learn about healthy lifestyle factors, and the impact on their health. Further developing their cardio and muscular endurance.

- Sustained running (cooper run).

Athletics

Striking and Fielding Games

Pupils will accurately replicate running, and throwing techniques for specific events in order to improve performances.

- Discuss
- Shotput
- Javelin
- 100m
- 200m
- 400m

YEAR 8

Further develop tactics, strategies, skills and rules learned in year 7.

- To perform and accurately replicate a range of dribbling skills to outwit opponents.

Pupils will focus on replicating and developing techniques learned in year 7.

- Introduce the overhead clear.
- Introduce the backhand and short serve.

Health related Fitness

Athletics

Invasion Games

Net and Court

Pupils will learn and accurately replicate specific techniques for a variety of fitness based activities.

- Circuit Training
- Bleep test

Use a range of tactics and strategies to overcome opponents in basket ball, rugby and football.

- To be able to perform a pass using the inside and outside of foot.
- Perform passing and receiving techniques to outwit opposition.

Striking and Fielding Games

Health related Fitness

Net and Court games

Invasion Games

YEAR 7

Pupils will replicate and improve individual techniques in batting, bowling and fielding. Within the following sports.

- Cricket
- Rounder's
- Softball

Pupils will focus on replicating and developing techniques. Some pupils will implement and refine strategic play to outwit opponents.

- Demonstrate the correct grip when using a badminton racquet.
- Be able to perform an under arm serve.
- Perform the under arm clear.