

Term	Week	Focus	Summary	Learning Outcomes	Learning skills
Term 1.1	1	Induction	Staff to lead presentation on the policies within PE	All students to know the policies and procedures for practical PE	
	2	Boys and Girls-Health Related Fitness: Components of Fitness	Components of Fitness	Pupils will explore a variety of components of fitness such as cardiovascular endurance and muscular strength	Learners will have opportunity to build upon their knowledge of components of fitness to link to various skills and games. (ACP Linking)
	3	Boys and Girls-Health Related Fitness	Methods of Training	Pupils will explore a variety of training methods, such as circuit and continuous training	Learners will have opportunity to build upon their knowledge of components of fitness to link to various skills and games. (ACP Linking)
	4	Boys and Girls-Health Related Fitness:	Assessment	Pupils will be able to plan and lead a session to develop specific components of fitness	Learners will have opportunity to build upon their knowledge of components of fitness to link to various skills and games. (ACP Linking)
	5	Boys - Basketball Girls - Dance	Possession <i>Replicate set phrase</i>	Demonstrate basic skills to keep possession within Basketball such as a range of passing techniques and ball handling skills <i>Accurately replicate a set phrase to introduce basic steps of the dance</i>	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking)
	6	Boys - Basketball Girls - Dance	Attacking <i>Creating your routine</i>	Apply principle of attacking strategies to outwit opponent <i>Develop the sequence applying the themes of Dance</i>	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking)

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	7	Boys - Basketball Girls - Dance	Defending/Assessment Assessment	Apply defensive strategies to be successful in small sided games. To link previous skills in conditioned games Perform routine through self and peer assessment	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking)
Term 1.2	1	Boys - Football Girls- Netball			
	2	Boys - Football Girls- Netball	Possession	Demonstrate basic skills to keep possession within Football and Netball such as passing and ball control	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking)
	3	Boys - Football Girls- Netball	Attacking	Apply appropriate attacking strategies to create scoring opportunities	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking)
	4	Boys and Girls Athletics	Defending/Assessment	Apply defending techniques to regain possession. To link previous skills in conditioned games	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking)
	5	Boys and Girls Athletics	Replication of Athletics Skills	Accurate replication of skills in distance events such as long jump and triple jump	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking)
	6	Boys and Girls Athletics	Replication of Athletics Skills	Accurate replication of skills in height events such as high jump	Learners will need to demonstrate resilience and perseverance in within the activities to develop their skills (VAA Hardworking)
	7	SPORTS DAY	SPORTS DAY	SPORTS DAY	SPORTS DAY