																						Cre	eating a	a passio	on for F	PE and	physica	al activ
									A	utumr	n - Ter	rm í	1												Spri	ng - Ter	m2	
	W	eek	1	2	3	4	5	6	7	8	9		10 11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
<u></u>	Тс	pic			Warr	n up /	Cool d	own					Short term	effect	s of exe	ercise o	on the k	oody				Musc	ular sys	stem				Skele
	Boys	Boys 1		I	Rugby			Baske	etball				Footba	II	Tab	ole Ter	nnis	S			F	landbal	I	Fitn	ess			
ar 7	DOys	Boys 2		Ва	asketba	II		Rug	gby				Table Ter	inis	F	ootba	II	Matche				Fitness		Hand	dball			
Yea	Girls	Girls 1	Basketball Rugby Netball Football							Handba		Gy	rmnast	tics	House N			Ta	ble teni	nis	Dan	nce			Τοι			
	GINS	Girls 2		F	ootball			Net	ball				Gymnast	ics	Н	landba	all					Dance		T	Т			

																				De	evelopi	ng skill:	s throu	gh broa	adenin	g sporti	ing exp
								Αι	utumn	- Term	n 1													Spri	ng - Tei	rm2	
	We	eek	1 2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	То	pic		Wa	arm up ,	Cool d	lown				Sho	rt term	effect	s of exe	ercise o	on the l	body				Mus	cular sy	stem				Skele
	Boys	Boys 1	R	ugby			Basketl	ball			í	Footba	II	Tal	ble Ter	nnis	S			F	landba	II	Fitn	ess			
ar 8	boys	Boys 2	Bas	ketball			Rugb	У			Tal	ble Ter	nnis	ł	Footba	11	Matche				Fitness	5	Hand	lball			
Үеа	Girls	Girls 1	N	Netball Football				ŀ	landba	all	Gγ	/mnast	tics	House N			Tal	ble ten	nis	Dar	ice			Τοι			
	UIIS	Girls 2	Fo	otball			Netba	all			Gy	/mnast	ics	ŀ	Handba	all					Dance		T	Г			

																						Ар	plicatior	n of sk	ills and	d embe	dding k	nowled
									A	Autumr	n - Terr	n 1													Spr	ing - Te	erm2	
	١	Veek	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	-	opic				Ethics &	Socio	Cult						Classif	cation	of skil						0	Guidance	Ş				F
	Pove	Boys 1				Ru	ugby							Baske	etball			S					Foot	ball			Sp	ports Ec
۲.9	Boys	Boys 2		Table	tenn	nis		Foo	otball				Rugby	,	ŀ	landba	all	Matches			E PE		Dodge	eball			Sp	ports Ec
Yea	Cirle	Girls 1	Table tennis Football Netball											Foot	ball			House N			GCSE		Trampo	olining			Sp	ports Ec
	GILIS	Girls 2		Han	ldball			Tramp	oolining	g			Netbal	I	D	odgeb	all						Fitne	ess			Sp	ports Ec
	Girls	Girls 2		Han	Idball			Tramp	polining	g			Netbal		D	odgeb	all	Ξ					Fitne	ess			SI	¢

			Thriving and striving in PE whilst creating an active h
	Autumn - Term 1		Spring - Term2
Week	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	17 18	19 20 21 22 23 24 25 26

	То	pic	Benefits of pł	nysical activity	Nutritic	on	Sedentary lifestyle	Ac
		1 (GCSE)	Team	Sports	Individual S	Sports	Football Officiating	Теа
Year 10	A	2	Team	Sports	Sports Leader	s Level 1	Individual Sports	Indiv
		3	Trampolining	Table Tennis	Inclusive Sports	Team Sports	Altenative Sports	Healt

																				Thriv	ving an	d strivi	ng in	PE whil	st creat	ing an	active h
									Autum	n - Tern	า 1													Sp	ring - Te	erm2	
	We	eek	1	2	3 4	5	6	7	7 8	9	10	11	. 12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	То	pic			Benefits of	physica	activity	y	·				Ν	lutritio	n						Sede	ntary lif	estyle	2			Ac
		1 (GCSE)			Tear	Team Sports Football Officiating Individual Sports									Indiv												
Year 10	В	2			Tear					Indiv	idual S	ports					Cr	rossfit/	Health	& Fitr	ness		:	Sports L			
-		3		Tramp	olining		Table	Ten	nis		lı	nclus	sive Sport	S	Т	eam Spo	orts				Alte	native S	ports				Healt

																						Thriv	ving an	d strivi	ng in	PE while	st creat	ing an	active h
_										Autun	nn - T	Гerm	1													Spi	ring - Te	rm2	
	We	eek	1	2	3	4	5	6	7	7 8		9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	То	pic			Benef	its of pl	hysical	activity	y						Ν	lutritio	n						Seder	ntary lif	estyle	е			Ac
		1 (GCSE)				Team	Sports							Sports	Leader	s/Foot	ball Of	ficiating	B				Individual Sports						Indiv
Year 10	С	2				Team	Sports								Indiv	idual S	ports					Сі	Crossfit/Health & Fitness						Sports L
2		3		Tramp	oolining	5		Table	Ten	nnis			ıl	nclusiv	e Sport	S	Te	am Spo	orts				Alter	native S	ports	5			Healt

												Thriving and striving in PE whi	lst creat	ing an active h
				Au	tumn - T	Term 1	1					Sr	oring - Te	erm2
	We	eek	1 2 3 4	5 6 7	8	9	10 11 1	12 13	14 15	16	17 18	19 20 21 22 23	24	25 26
	То	pic	Benefits of	physical activity				Nutritio	n			Sedentary lifestyle		Ac
		1	Individ	lual Sports				Team Spo	orts			Teams Sports		Теа
Year 11	A B C	2	Tear	n Sports			Indiv	idual Sport	ts/Fitness			Individual Sports		Indiv
		3	Inclusive Sports	Team Sports			Trampoli	ning	Table Ten	nis		Altenative Sports		Healt

ity																				
											Sumr	ner - T	erm 3							
27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	AIM
etal Sys	stem						Туре	es of fit	iness						Туре	es of fit	ness			AllVI
OAA						Dance			Athlet	ics 1-4			Atł	nletics	5-7					
UAA						Dance		St	riking 8	& Fieldi	ng			S&F		×	∞	SS	~	
		tches				0.4.4			Athlet	ics 1-4			Atł	nletics	5-7	Week		Games	Week	
Dance	2	Jato				OAA		St	riking 8	& Fieldi	ng			S&F			event	U >	Day V	
		se 🗸				E .1			Athlet	ics 1-4			Atł	nletics	5-7	a me	tics	s Day		
Jch Ru	gby	Hous				Fitness		St	riking 8	& Fieldi	ng			S&F		Enrichment	Athletic	Sports	Sports	
F					-				Athlet	ics 1-4			Atł	nletics	5-7	ш	Ā	Sp	Š	
Fitness	5				100	uch Ru	gay	St	riking 8	& Fieldi	ng			S&F						

perienc	es																			
											Sumr	ner - T	erm 3							
27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	AIM
etal Sys	stem						Туре	es of fit	iness						Туре	es of fit	ness			Allvi
OAA		s				Dance		St		ics 1-4 & Fieldi			Atł	nletics S&F	5-7	A A	∞	es	~	
Dance		Matches				OAA		St		ics 1-4 & Fieldi			Atł	nletics S&F	5-7	ent Week	event	ay Games	Day Week	
រch Ruរ្	gby	House N				Fitness	5	St		ics 1-4 & Fieldi			Atł	nletics S&F	5-7	Enrichment	Athletics	Sports Day	Sports D	
Fitness	5				То	uch Ru	gby	St		ics 1-4 & Fieldi			Atł	nletics S&F	5-7	Ш	4	Sp	S	

dge																			
										Sumr	ner - T	erm 3							
27 28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	AIM
eedback						Go	al Sett	ing						SMA	ART Tai	rgets			AllVI
ducation	S			S	ports E	d	St		ics 1-4 & Fieldi			Atl	hletics S&F	5-7	لم بر	8	es	~	
ducation	Matche			S	ports E	d	St		ics 1-4 & Fieldi			Atl	nletics S&F	5-7	ent Week	event	Day Games	Day Week	
ducation	House N			S	ports E	d	St		ics 1-4 & Fieldi			Atl	hletics S&F	5-7	Enrichment	Athletics	Sports Da	Sports D	
ducation				S	ports E	d	St		ics 1-4 & Fieldi			Atl	hletics S&F	5-7	Ш	∢	Sp	Š	

abit for life		
	Summer - Term 3	
27 28 29 30 31	32 33 34 35 36 37 38 39 40 41 42 43 44 45 46	AINA

cessibility		Benefits		AllVI				
ims Sports	Tennis	S&F	S&F	WK	∞	nes	WK	
idual Sports	S&F	Tennis	S&F	richment	Atheltics	orts Gam	rts Day	
th & Fitness		S&F	Tennis	Enrio	At	Spo	Spor	

abit for life																
							Sumr	ner - Te	erm 3							
27 28 29 30	31	32 33	34	35	36	37	38	39	40	41	42	43	44	45	46	AIM
cessibility		Benefits								Allvi						
idual Sports		Tennis S&F						S&F		WK	∞	les	WK			
eaders Level 1		S&	F	Tennis					S&F		Enrichment		irts Games	rts Day		
th & Fitness				S&F						Tennis		Enrio	Atheltic	Sports	Sports	

abit for life																	
								Sumr	ner - T	erm 3							
27 28 29	30 31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	AIM
cessibility			Benefits Benefits								Allvi						
idual Sports			Tennis		S&F					S&F		WK	Atheltics 8	nes	WK		
eaders Level 1			S&F		Tennis					S&F		ichment		rts Games	rts Day		
th & Fitness					S&F						Tennis		Enrio	At	Sports	Sports	

abit for life											
		Summer - Term 3									
27 28 29 30 31	32 33 34	35 36 37 38 39									
cessibility		Benefits									
ims Sports	Tennis	S&F									
idual Sports	S&F	Tennis									
th & Fitness		S&F									