



HALF TERM 3 Feb - March	Lesson 1-5 Boys Fitness	Lesson 1-5 Boys Football Sport Ed	Lesson 1-5 Girls/Mixed Dance	Lesson 1-5 Girls Sport Ed- Games	Lesson 6 All
<b>TOPIC (S)</b>	<b>Objective</b> In this unit students will be introduced to fitness components and basic fitness tests. They will explore each component of fitness. They will be able to connect each part to other units in the curriculum. Students will explore methods of training for aerobic endurance, muscular endurance, agility and speed. Students will carry out fitness tests and compare results.	<b>Objective:</b> In this unit the pupils will undertake different roles within the lesson. The aim is to create opportunities for students to take on leadership roles, instruction, assessing, performing and officiating. A competition will be run throughout the unit which the students will gradually take more responsibility to run. Students will be awarded points based on their performance of different roles rather than sporting performance.	<b>Objective:</b> To provide a range of opportunities for the students to develop their skills in performance, choreography and dance appreciation. Pupils will explore key dance actions of travel, stillness, jump, turn and roll. They will explore dance choreography techniques including travelling over and under, unison and canon and question and answer.	<b>Objective:</b> In this unit the pupils will undertake different roles within the lesson. The aim is create opportunities for students to take on leadership roles, instruction, assessing, performing. Netball, Hockey and Football will be played to enable a variety of leadership opportunities.	<b>Objective:</b> To assess pupil in activity.
<b>Knowledge &amp; Skills development</b>	<p><b>Outwitting an opponent:</b> Pupils will identify different areas of the playing area and be able to move using a variety of techniques. Pupils will understand how to outwit opponents using strategies and tactics during game play. Pupils will learn and perform more basic skills with accuracy and control. Continual development and adaptation of the necessary skills will contribute to producing an improved performance.</p> <p><b>Developing Skills/Performance</b> Pupils will develop the skills necessary to outwit opponents. Pupils will replicate techniques with control and accuracy</p> <p><b>Making and Applying Decisions</b> Pupils should be able to recognise the importance of responding to changing situations within the game in attack and defence. Pupils will be constantly faced with strategic and tactical decisions based on movement of the ball/shuttle and opponent. Opportunities to score/coach pupils will develop communication and decision making skills.</p> <p><b>Evaluating and Improving</b> Appropriate questioning on teaching points of the skills and processes developed. Observation and peer assessment. Provide opportunities for pupils to assess own performance and implement strategies for improvement.</p>				
<b>Assessment / Feedback Opportunities</b>	<p>Formative feedback Verbal feedback Summative assessment for this unit of work.</p>				
<b>Cultural Capital</b>	<p>Out of lessons, at home and in the community, pupils could be encouraged to:</p> <ul style="list-style-type: none"> <li>• join school or local clubs (information on local clubs can be found at <a href="http://www.english.sports.gov.uk">www.english.sports.gov.uk</a>)</li> <li>• organise displays/competitions for pupils to take part in and watch</li> <li>• watch high-quality performances live or on video</li> </ul>				
<b>SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance &amp; Respect)</b>	<ul style="list-style-type: none"> <li>• Sharing equipment and space.</li> <li>• Respect and tolerance for each other in competitive and competitive situations.</li> </ul>				
<b>Reading opportunities</b>	<ul style="list-style-type: none"> <li>• Activity specific displays</li> <li>• Protocols for fitness testing.</li> </ul>				
<b>Key Vocabulary</b>	Leader Officiate referee organise teamwork travel stillness jump turn roll unison canon motif				

<b>Digital Literacy</b>	Research in to rules and coaching of activities.
<b>Careers</b>	Possible coaching/officiating/ fitness instructors progressions in chosen sports.