

	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
	<b>Netball</b>	<b>Trampolining</b>	<b>Fitness / Aerobics</b>	<b>Badminton</b>	<b>Athletics</b>	<b>Rounders</b>
<b>Year 10</b>	Students will learn catching, passing, footwork, shooting, techniques of getting free, defending, intercepting and the toss-up. They will also develop their game play skills by learning how to dodge to receive a pass, systems of centre passes and set plays, holding the space, backing up on the edge of the circle, throw-ins, blocking, zoning and defending the space.	Students will be taught to assist when folding and unfolding a trampoline and get out and put away a trampoline without assistance. All students will be taught basic jumps, basic and advanced twists, basic landing positions, shaped drops, combinations of movements. They will also be required to perform at least a 6 bounce routine.	Students will develop an understanding of how continuous, interval and fartlek training works and how it can benefit levels of health and fitness. They will understand the difference between aerobic fitness and anaerobic fitness and why developing both of these aspects of fitness is important to health. Students will discover different ways to improve their self-motivation and thus their mental toughness. Their stamina will improve when intensive fitness lessons are matched by fitness activities at home.	Students will learn a variety of shots and serves. They will learn rules governing singles and doubles badminton as well as the scoring. Students will develop their decision making skills – choosing the most appropriate serve and shot in order to outwit their opponent.	their levels of fitness in this unit of work, in particular stamina, speed, strength and power. For throwing events, students will have the opportunity to develop more advanced techniques used in the shot put, javelin and discus. Greater emphasis will be placed on student's technique in jumping activities; they will gain knowledge and experience in the high, long and triple jump events. 'Personal bests' will be recorded and opportunities will be given for students to set new and improved personal bests. This provides the students with tangible evidence of progress in the various events.	Students will learn advanced skills developed in structured plays to enable students to perform in the context of the assessment: batting, bowling and fielding. Students will also learn tactics to outwit their opponents, including positional play in the field, restricting runs, fielding placings, backing up post play. They will also learn Laws of the game and their application, including refereeing signals.
<b>ICT</b>	Use of iPads and VLE	Use of iPads and VLE	<b><u>PEP</u></b> <i>Multimedia</i>	<b><u>intoSport</u></b> <i>Multimedia</i>	Use of iPads and VLE	Use of iPads and VLE
<b>Project</b>			<b><u>Personal Exercise Programme</u></b> <i>Video Diary – Multimedia</i>			

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 11	Netball	Trampolining	Fitness / Aerobics	Badminton	Rounders	
	Students will learn catching, passing, footwork, shooting, techniques of getting free, defending, intercepting and the toss-up. They will also develop their game play skills by learning how to dodge to receive a pass, systems of centre passes and set plays, holding the space, backing up on the edge of the circle, throw-ins, blocking, zoning and defending the space.	Students will be taught to assist when folding and unfolding a trampoline and get out and put away a trampoline without assistance. All students will be taught basic jumps, basic and advanced twists, basic landing positions, shaped drops, combinations of movements. They will also be required to perform at least a 6 bounce routine.	Students will develop an understanding of how continuous, interval and fartlek training works and how it can benefit levels of health and fitness. They will understand the difference between aerobic fitness and anaerobic fitness and why developing both of these aspects of fitness is important to health. Students will discover different ways to improve their self-motivation and thus their mental toughness. Their stamina will improve when intensive fitness lessons are matched by fitness activities at home.	Students will learn a variety of shots and serves. They will learn rules governing singles and doubles badminton as well as the scoring. Students will develop their decision making skills – choosing the most appropriate serve and shot in order to outwit their opponent.	Students will learn advanced skills developed in structured plays to enable students to perform in the context of the assessment: batting, bowling and fielding. Students will also learn tactics to outwit their opponents, including positional play in the field, restricting runs, fielding placings, backing up post play. They will also learn Laws of the game and their application, including refereeing signals.	
ICT	Use of iPads and VLE	<i>intoSport</i> Multimedia	<b>Reflective Log</b> <i>Word Processing</i>	Use of iPads and VLE	Use of iPads and VLE	Use of iPads and VLE
Project			<b>Reflective Log</b> <i>6 session training diary</i>			