



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Rugby Netball Fitness		Football Basketball Games – hand ball, tchoukball, unihoc		Athletics Tennis Strike and Field	
Topic Objectives	Understand fitness components related rugby positions, netball positions and various fitness tests Consistently apply tactics and strategies in full game situations Be able to show safe practice and physical self- challenge in fitness.		Apply more complex tactics and strategies in small game situations and full game situations Link and transfer skills from Autumn Term – rugby and netball to football, basketball and alternative games to include basic marking in defence and obtaining space Understand value of activity for physical health as well as mental, social and emotional.		Execute a variety of complex skills under pressure of competition in full games and races Link skills together in fluent sequences such as serve, forehand and volley in tennis Be able to adapt tactics in both attack and defensive to outwit opponent Show full independence in preparation and recovery from exercise. Show almost complete independence in safe measurement and completion of athletics	

Acquired Knowledge / Skills	<p>Rucking, mauling and jackalling, 8 man scums, lineouts, revision of rules and safety in rugby</p> <p>Positional play in relation to relative skills and fitness in netball.</p> <p>Correct lifting and spotting techniques for basic press and squats, ability to set resistance and targets to own lifting ability</p> <p>Understand different fitness components and how to test them</p>	<p>Tactical and strategic focus to consider wing play, wing backs and different formations.</p> <p>Positional play in relation to size, relative skills and fitness in basketball</p> <p>Awareness of man to man half court press</p> <p>Ability to apply skills and tactics learnt in traditional sports to new activities.</p>	<p>Revision of safe storage, carriage and use of athletic equipment.</p> <p>Running events understood with reference to training methods used to enhance performance.</p> <p>Throwing and jumping events understood in terms of training methods and also basic mechanics and forces</p> <p>Ground strokes linked to different depths of shot in tennis. Ability at a basic level to serve and volley in tennis.</p> <p>Bowling with spin, swing and speed according to own strengths. Ability to bat with a focus on exploiting gaps in field. Understand different training methods and plan a single training session during athletics module for either speed/power or stamina</p>
Target Vocabulary	<p>Maximal</p> <p>Sub-maximal</p> <p>Incremental</p> <p>Validity</p> <p>Reliability</p>	<p>Rest, Ice, Compression, Elevation</p> <p>Sprain- ligament</p> <p>Strain – muscle / tendon</p> <p>Asthma</p> <p>Hypoglycaemia</p>	<p>Continuous</p> <p>Interval</p> <p>Fartlek</p> <p>Recovery</p> <p>Overload</p> <p>Over training</p>
Assessment	<p>End of Module practical assessments</p> <p>End of Term online knowledge test</p>	<p>End of Module practical assessments</p> <p>End of Term online knowledge test</p>	<p>End of Module practical assessments</p> <p>End of Term online knowledge test</p>