

Long term planning grid

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	<p>Advanced Game play and Fitness training Rotation of activities Invasion (competition) HRF (independence) Trampolining (resilience)</p> <p>What will be learnt? Advanced skills and game play associated with specific invasion sports Routine Competitiveness Training programmes design for HRF and application</p> <p>Main outcomes Awareness of advanced skills and strategies Role of competitiveness How to design effective training programmes for specific sport development</p> <p>Assessment Success in sport/GCSE /core PE criteria Development of linked routine</p>	<p>Advanced Game play and Fitness training Rotation of activities Invasion (competition) HRF (independence) Trampolining (resilience)</p> <p>What will be learnt? Advanced skills and game play associated with specific invasion sports Routine Competitiveness Training programmes design for HRF and application</p> <p>Main outcomes Awareness of advanced skills and strategies Role of competitiveness How to design effective training programmes for specific sport development</p> <p>Assessment Success in sport/GCSE /core PE criteria Development of linked routine</p>	<p>Advanced Game play, Choreography and Fitness methods Rotation of activities Invasion (competition) Fitness (self motivation) Dance (focus)</p> <p>What will be learnt? Advanced skills and game play associated with specific invasion sports Advanced Choreography Competitiveness Advanced fitness levels through different training methods, such as circuit, interval and aerobic methods</p> <p>Main outcomes Awareness of advanced skills and strategies Role of competitiveness How to apply effective training methods for specific sport fitness development</p> <p>Assessment Success in sport/GCSE /core PE criteria</p>	<p>Advanced Game play and Fitness training Rotation of activities Invasion (competition) HRF (independence) Dance/Aerobics (self motivated)</p> <p>What will be learnt? Advanced skills and game play associated with specific invasion sports Choreography Competitiveness Training programmes design for HRF and application</p> <p>Main outcomes Awareness of advanced skills and strategies Role of competitiveness How to design effective training programmes for specific sport development</p> <p>Assessment Success in sport/GCSE /core PE criteria Choreography of Aerobics/Dance routine</p>	<p>Advanced Game play in team sports Advanced Personal Bests in specific Athletic events Rotation of activities Athletics Tennis Rounders/Softball/Cricket</p> <p>What will be learnt? Game play and competitiveness Selected athletics events for advanced athletic award Fitness requirements</p> <p>Main outcomes Game play and techniques for specific events to achieve PBs Peer judging and assessment</p> <p>Assessment Awards scheme results Game play results in a competitive format Success according to the criteria and GCSE assessment through competitions</p>	<p>Advanced Game play in team sports Advanced Personal Bests in specific Athletic events Rotation of activities Athletics Tennis Rounders/Softball/Cricket</p> <p>What will be learnt? Game play and competitiveness Selected athletics events for advanced athletic award Fitness requirements</p> <p>Main outcomes Game play and techniques for specific events to achieve PBs Peer judging and assessment</p> <p>Assessment Awards scheme results Game play results in a competitive format Success according to the criteria and GCSE assessment through competitions</p>

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	<p>How to design effective training programmes for specific sport development</p> <p>Assessment Success in sport/GCSE /core PE criteria Development of linked routine Improvement in fitness levels using training programme</p>	<p>Improvement in fitness levels using training programme</p>	<p>Choreography of Dance routine Improvement in fitness levels using training methods</p>	<p>Improvement in fitness levels using training programme</p>		
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