

Long term planning grid

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Understanding Health & Fitness components Rotation of activities Multi skills (invasion) Fitness and Gym</p> <p>What will be learnt? Importance of exercise in developing social, physical and mental well being How to warm up Introduction to the fitness components used in each sport Key basic skills for assessment setting</p> <p>Main Outcomes To ensure that students are aware of the health and fitness benefits of exercise. To explore different activities Enjoyment</p>	<p>Developing Life skills as a performer Rotation of activities in groups Invasion (confidence) Aesthetic (independence) Fitness (motivation)</p> <p>What will be learnt? Specific mental and social life skills associated with the specific sport taught Development of physical skills/techniques/rules learnt and fitness components Students will develop their own warm up routines Heart rate recording</p> <p>Main Outcomes To ensure students develop specific life skills through the sports that they are undertaking and are aware of the fitness requirements of each sport Key skills and techniques are introduced according to the scheme of work</p> <p>Assessment Observation of student in sporting situations Development of the skills learnt through drills and small games.</p>	<p>Developing Life skills as a performer Rotation of activities in groups Invasion (confidence) Aesthetic (independence) Fitness (motivation)</p> <p>What will be learnt? Specific mental and social life skills associated with the specific sport taught Development of physical skills/techniques/rules learnt and fitness components Students will develop their own warm up routines Heart rate recording</p> <p>Main Outcomes To ensure students develop specific life skills through the sports that they are undertaking and are aware of the fitness requirements of each sport Key skills and techniques are introduced according to the scheme of work</p> <p>Assessment Observation of student in sporting situations Development of the skills learnt through drills and small games. Involvement in extra curricular</p>	<p>Developing Life skills as a performer Rotation of activities in groups Invasion (confidence) Aesthetic (independence) Fitness (motivation)</p> <p>What will be learnt? Specific mental and social life skills associated with the specific sport taught Development of physical skills/techniques/rules learnt and fitness components Students will develop their own warm up routines Heart rate recording</p> <p>Main Outcomes To ensure students develop specific life skills through the sports that they are undertaking and are aware of the fitness requirements of each sport Key skills and techniques are introduced according to the scheme of work</p> <p>Assessment Observation of student in sporting situations Development of the skills learnt through drills and small games. Involvement in extra curricular</p>	<p>Developing leadership qualities/skills and life skills Rotation of activities in groups Athletics (resilience) Tennis (respect) Cricket/Rounders (teamwork)</p> <p>What will be learnt? Specific skills associated with being a performer and official Develop ability to lead others, role of a captain Development of physical skills/techniques/rules learnt and fitness components</p> <p>Main outcomes Awareness of leader and life skills associated with specific sports. Link fitness components to the sport Developed knowledge of the skills/rules associated with the sport</p> <p>Assessment Leader skills linked to mentors assigned</p>	<p>Developing leadership qualities/skills and life skills Rotation of activities in groups Athletics (resilience) Tennis (respect) Cricket/Rounders (teamwork)</p> <p>What will be learnt? Specific skills associated with being a performer and official Develop ability to lead others, role of a captain Development of physical skills/techniques/rules learnt and fitness components</p> <p>Main outcomes Awareness of leader and life skills associated with specific sports. Link fitness components to the sport Developed knowledge of the skills/rules associated with the sport</p> <p>Assessment Leader skills linked to mentors assigned</p>

Long term planning grid

	<p>Assessment Through observation of how to warm up and identify fitness components Skill performance in set skills to allow for setting</p>	<p>Involvement in extra curricular</p>			<p>Observation of students in developing specific skills and role as a captain and official</p>	<p>Observation of students in developing specific skills and role as a captain and official</p>
--	---	--	--	--	---	---