

Long term planning grid

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 8	<p>Understanding Health, Fitness and Nutrition Rotation of activities HRF Gymnastics Invasion <u>What will be learnt?</u> Reinforcement of fitness components and testing Training methods and nutrition/diet More developed skills associated with each sport Linked life skills evaluating self and others <u>Main outcomes</u> To ensure that students are able to understand how fitness components are tested and developed through training in sport</p>	<p>Understanding Health, Fitness and Nutrition Rotation of activities HRF Gymnastics Invasion <u>What will be learnt?</u> Reinforcement of fitness components and testing Training methods and nutrition/diet More developed skills associated with each sport Linked life skills evaluating self and others <u>Main outcomes</u> To ensure that students are able to understand how fitness components are tested and developed through training in sport Awareness of a correct diet for sport Become more aware of how to improve self and others <u>Assessment</u> Fitness testing and training booklet Development of skills/techniques taught</p>	<p>Understanding Factors affecting participation Life skills development Invasion (decision making/teamwork Dance(collaboration/self belief) Badminton/Handball (Focus/evaluation) <u>What will be learnt?</u> Factors which can affect participating in sport, for example opportunities, background,diet,experience This will be taught through the activity being learnt. Specific life skills and techniques developed <u>Main outcomes</u> An understanding of factors affecting participation and life skills and techniques associated with the sports Awareness of external club links <u>Assessment</u> Observation and questioning of work Assessment criteria reached for each sport associated with scheme of work</p>	<p>Understanding Factors affecting participation Life skills development Invasion (decision making/teamwork Dance(collaboration/self belief) Badminton/Handball (Focus/evaluation) <u>What will be learnt?</u> Factors which can affect participating in sport, for example opportunities, background,diet,experience This will be taught through the activity being learnt. Specific life skills and techniques developed <u>Main outcomes</u> An understanding of factors affecting participation and life skills and techniques associated with the sports Awareness of external club links <u>Assessment</u> Observation and questioning of work Assessment criteria reached for each sport associated with scheme of work</p>	<p>Movement of the skeletal system and more advanced skills developed to improve performance Athletics (self motivation) Tennis (perseverance) Softball/Rounders/Cricket <u>What will be learnt?</u> Basic movement patterns when competing in sport, highlighting bones and joints Developed techniques to improve performance in summer based sports Personal challenge in Athletics Specific life skills linked to sports tasks <u>Main outcomes</u> Awareness of movement analysis and the skeletal and cardiovascular system involvement in sport Developed awareness of life skills and advanced skills in summer based sports shown through improved success</p>	<p>Movement of the skeletal system and more advanced skills developed to improve performance Athletics (self motivation) Tennis (perseverance) Softball/Rounders/Cricket GCSE potential students involved in a workshop of activities <u>What will be learnt?</u> Basic movement patterns when competing in sport, highlighting bones and joints Developed techniques to improve performance in summer based sports Personal challenge in Athletics Specific life skills linked to sports tasks <u>Main outcomes</u> Awareness of movement analysis and the skeletal and cardiovascular system involvement in sport</p>

Long term planning grid

	<p>Awareness of a correct diet for sport Become more aware of how to improve self and others Assessment Fitness testing and training booklet Development of skills/techniques taught through scheme of work</p>	<p>through scheme of work</p>	<p>Leadership course</p>	<p>Leadership course</p>	<p>Assessment Observation and questioning Success criteria from schemes of work Athletics awards and extra-curricular involvement</p>	<p>Developed awareness of life skills and advanced skills in summer based sports shown through improved success Assessment Observation and questioning Success criteria from schemes of work Athletics awards and extra-curricular involvement</p>
--	--	-------------------------------	--------------------------	--------------------------	---	---