

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 9 & YEAR 10 & YEAR 11 UPPER SCHOOL - PREPARING FOR ADULTHOOD	THEMES	MAKING AND KEEPING FRIENDS	LOOKING AFTER AND IMPROVING MY HOME INCLUDING PETS AND PLANTS	HOBBIES AND COMMUNITY	MAKING DECISIONS	ENTERPRISE- KAING AND SELLING A PRODUCT	STAYING AND PROGRESSING IN EDUCATION/TRAINING/WORK/COLNTEERING
	All students can:	<ul style="list-style-type: none"> ➤ Work in a team, completing a range of different team building exercises set up around the hall. ➤ Play Finger Tip Hula Hoop. Students must work together as a group in order to lower the hula hoop to the ground. Every kid must only use their index fingers to lower the hoop (in unison) to the ground. ➤ Engage in warm up and cool down exercises (Dynamic and Static) ➤ Play River Crossing ➤ Create a scavenger hunt. ➤ Carry out the Workouts in the next lesson. This should. Include a small warm up as well. ➤ Work in groups with the help of visual adds start to create a circuit workout and carry it out 	<ul style="list-style-type: none"> ➤ Work in a team, completing a range of different team building exercises set up around the hall. ➤ Play Finger Tip Hula Hoop. Students must work together as a group in order to lower the hula hoop to the ground. Every kid must only use their index fingers to lower the hoop (in unison) to the ground. ➤ Engage in warm up and cool down exercises (Dynamic and Static) ➤ Play River Crossing ➤ Create a scavenger hunt. ➤ Carry out the Workouts in the next lesson. This should. Include a small warm up as well. ➤ Work in groups with the help of visual adds start to create a circuit workout and carry it out 	<ul style="list-style-type: none"> ➤ Through the coming weeks the students will have a chance to explore different hobbies in which they can take part in within the local community. Depending on the sporting hobby try and mix up sporting abilities, encourage teamwork and focus on individual performance. ➤ Engage in drills, focusing on either passing, agility or dribbling in basketball ➤ Engage in a football circuit looking at different skills/ drills. ➤ Engage in a Zumba class ➤ Engage in The Bleep Test ➤ Engage in yoga 	<ul style="list-style-type: none"> ➤ weeks the students will have a chance to explore different hobbies in which they can take part in within the local community. Depending on the sporting hobby try and mix up sporting abilities, encourage teamwork and focus on individual performance. ➤ Engage in drills, focusing on either passing, agility or dribbling in basketball ➤ Engage in a football circuit looking at different skills/ drills. ➤ Engage in a Zumba class ➤ Engage in The Bleep Test ➤ Engage in yoga 	<ul style="list-style-type: none"> ➤ weeks the students will have a chance to explore different hobbies in which they can take part in within the local community. Depending on the sporting hobby try and mix up sporting abilities, encourage teamwork and focus on individual performance. ➤ Engage in drills, focusing on either passing, agility or dribbling in basketball ➤ Engage in a football circuit looking at different skills/ drills. ➤ Engage in a Zumba class ➤ Engage in The Bleep Test ➤ Engage in yoga 	<ul style="list-style-type: none"> ➤ Design a PE lesson on anything to carry out to the rest of the class. Each person should be allocated a task. That could be collection equipment, leading warm up or cool down or supporting other students. ➤ Lead warm-up/cool-down ➤ Lead a PE session in groups

YEAR 9 & YEAR 10 & YEAR 11 UPPER SCHOOL - EXAMS FOR ADULTHOOD	No Theme						
	All students can:	<ul style="list-style-type: none"> ➤ Participate in multiple teams-based activities (preferable time and score based), remove, and add features such as 'communication, +/- body language' to encourage using team-based skills. ➤ Recognise skills & actions that influence team success and individual participation. ➤ Do sports related relay activities – apply and remove features – positive encouragement, technique feedback, communication etc. Compare the use of features ➤ Demonstrate both positive and negative verbal communication, including body language. ➤ Do skill-based feedback ➤ Identify ways to communicate with team members, communicate feedback, identifying the most effective one 	<ul style="list-style-type: none"> ➤ Experience testing activities for the 5 fitness components (cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition). ➤ Understand cardiovascular endurance and flexibility. ➤ Perform high intensity activities and analysing its effects on the body/mind. ➤ Develop a warm up/cool down routine for class. ➤ Identify everyday available activities to improve cardiovascular endurance. Students to identify stretches for upper/lower body. ➤ Identify the differences between muscular strength/endurance, and perform activities through a variety of circuit training sessions 	<ul style="list-style-type: none"> ➤ participate in a range of different sports/games from different cultures e.g., Gaelic football, kabaddi etc. Attempt to connect links to popular played sports e.g., football, basketball, tennis etc. ➤ Apply new strategies and skills learned through games/sports ➤ Host a variety of new games they researched/created ➤ Research a new game that they will teach to a group 	<ul style="list-style-type: none"> ➤ Practice the fundamentals of throwing and catching. ➤ Identify how to correctly position the body during both throwing/ catching. ➤ Discover why we use specific stances for both throwing/catching ➤ Participate in a variety of different striking activities (cricket/baseball). Focusing on hand grip and feet position. ➤ Identify which hand grip and feet position increase striking distance. ➤ Participate in a variety of striking games, using different sized bats/balls and body positions. ➤ Discover why different equipment/hand grip/feet position effect the trajectory of a strike. ➤ Research and engage in a sport that implements striking and fielding, can be created by students 	<ul style="list-style-type: none"> ➤ Participate in a variety of athletic throwing activities e.g., shot put, javelin. ➤ Identify the muscles and body systems used to engage in each throw and how to improve performance. ➤ Participate in a variety of athletic jumping activities e.g. long jump, high jump, and triple jump. ➤ Identify the muscles and body systems used to engage in each jump and how to improve performance. ➤ Participate in a variety of athletic running activities e.g. 100m, 200m, 400m, 800m, 1500m, 3000m running races. ➤ Identify the muscles and body systems used to engage in each run and how to improve performance. 	<ul style="list-style-type: none"> ➤ Participate in hand-based sporting activities. Beginning with mini games structured around core skill values. ➤ Discover what are sporting formations and why they are used. Also understand rules. ➤ Understand different formations and comparing the strengths and weaknesses. ➤ Participate in football matches, incorporating the skills and strategies learned during theory lessons. ➤ Investigate the strategy required for football and applying different formations and attacking/defending techniques. ➤ Participate in a range of different sports, chosen at random (Multi Sport). ➤ Engage in summary quiz to revise term learning e.g., Kahoot.