



HALF TERM 4 March-April	Lesson 1-5 Boys Fitness	Lesson 1-5 Boys Football Sport Ed	Lesson 1-5 Girls/Mixed Dance	Lesson 1-5 Girls Sport Ed- Games	Lesson 6 All
TOPIC (S)	Objective In this unit students will develop their knowledge of fitness components. They will look at how each method of training can be adapted using the FITT principle. Students will develop their knowledge of fitness testing to identify progress in their own personal fitness over the unit. Students will use fitness test data to assess their fitness compared to normative data.	Objective: In this unit the students will further develop their ability to undertake different roles within the lesson. The aim is to create opportunities for students to take on leadership roles, instruction, assessing, officiating and performing. Students will adopt more responsibility to organise the tournament throughout the unit. Points will be awarded for successful completion of different roles. More focus will be on students adopting the role of a coach to practice running a warm up and isolation exercises.	Objective: To provide a range of opportunities for the students to develop their skills in performance, choreography and dance appreciation. Pupils will explore key dance actions of travel, stillness, jump, turn and roll. They will explore dance choreography techniques including travelling over and under, unison and canon and question and answer.	Objective: In this unit the pupils will undertake different roles within the lesson. The aim is create opportunities for students to take on leadership roles, instruction, assessing, performing. Netball, Hockey and Football will be played to enable a variety of leadership opportunities.	Objective: To assess pupil in activity.
Knowledge & Skills development	<p>Outwitting an opponent: Pupils will identify different areas of the playing area and be able to move using a variety of techniques. Pupils will understand how to outwit opponents using strategies and tactics during game play. Pupils will learn and perform more basic skills with accuracy and control. Continual development and adaptation of the necessary skills will contribute to producing an improved performance.</p> <p>Developing Skills/Performance Pupils will develop the skills necessary to outwit opponents. Pupils will replicate techniques with control and accuracy</p> <p>Making and Applying Decisions Pupils should be able to recognise the importance of responding to changing situations within the game in attack and defence. Pupils will be constantly faced with strategic and tactical decisions based on movement of the ball/shuttle and opponent. Opportunities to score/coach pupils will develop communication and decision making skills.</p> <p>Evaluating and Improving Appropriate questioning on teaching points of the skills and processes developed. Observation and peer assessment. Provide opportunities for pupils to assess own performance and implement strategies for improvement.</p>				
Assessment / Feedback Opportunities	<p>Formative feedback Verbal feedback Summative assessment for this unit of work.</p>				
Cultural Capital	<p>Out of lessons, at home and in the community, pupils could be encouraged to:</p> <ul style="list-style-type: none"> • join school or local clubs (information on local clubs can be found at www.english.sports.gov.uk) • organise displays/competitions for pupils to take part in and watch • watch high-quality performances live or on video 				
SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance & Respect)	<ul style="list-style-type: none"> • Sharing equipment and space. • Respect and tolerance for each other in competitive and competitive situations. 				
Reading opportunities	<ul style="list-style-type: none"> • Activity specific displays • Protocols for fitness testing. 				

Key Vocabulary	Leader Officiate referee organise travel stillness, jump, turn, roll, unison, canon, motif
Digital Literacy	Research in to rules and coaching of activities.
Careers	Possible coaching/officiating/ fitness instructors progressions in chosen sports.