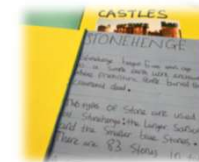




Subject: Physical Education Key Stage 4 Year 10 & 11



Column1	HALF TERM 1	HALF TERM2	HALF TERM3	HALF TERM 4	HALF TERM 5	HALF TERM 6
Topic Titles	Unit 2- Sports Coaching	Unit 3- Leading Others	Unit 4- Personal Exercise and Fitness	Unit 5- Effect of Exercise on Human Body	Unit 5- Effect of Exercise on Human Body	Unit 6- Strength and Conditioning
Objectives (The things we want the pupils to make progress in)	Learners will understand the importance of communications skills, the qualities and responsibilities of a coach and how to create a positive coaching environment. They will learn the plan, do and review process.	Learners will develop an understanding of leadership and decision-making skills and why they are important. Learners will demonstrate the use of effective leadership skills through a group activity and will review their skills.	Learners will understand why people participate in exercise and fitness. Fitness tests will be identified, participated in and results will be recorded. Learners will participate in exercise and fitness activities to improve their fitness levels.	Learners will understand the structure and function of the skeletal, muscular, respiratory and cardiovascular systems and the effect of exercise on these systems.	Learners will understand the structure and function of the skeletal, muscular, respiratory and cardiovascular systems and the effect of exercise on these systems.	Learners will learn about strength and conditioning exercises, equipment and facilities used. Learners will be able to plan, use and review a fitness programme in order to identify targets.
Week 1	Soft Archery- To know the qualities and responsibilities of a coach delivering a sports session	To understand the characteristics of effective leadership	To understand anatomy and physiology	To understand the components of fitness	To know the structure and function of the respiratory system.	To understand what is meant by strength and conditioning
Week 2	Bushcraft skills- To be able to plan a sports coaching session	To know which leadership skills to work with others.	To understand the components of physical fitness	To understand the components of fitness	To know the structure and function of the respiratory system.	To understand what is meant by strength and conditioning
Week 3	Canoeing/Kayaking- To know the qualities and responsibilities of a coach delivering a sports session	To be able to demonstrate leadership skills in a group	To know the considerations for taking part in exercise and fitness activities.	To know the structure and function of the skeletal system	Understand the structure and function of the cardiovascular system	To know about facilities, equipment and exercise for strength and conditioning
Week 4	Canoeing/Kayaking- To be able to evaluate a sports coaching session	To be able to review own practice of leaderships	To be able to participate in exercise and fitness activities designed to improve personal fitness.	To know the structure and function of the skeletal system	Understand the structure and function of the cardiovascular system	To know about facilities, equipment and exercise for strength and conditioning
Week 5	Rock Climbing- To be able to deliver an aspect of a sports coaching session	To understand how to make decisions on a task or situation.	To be able to reflect on participation in exercise and fitness activities.	To know the structure and function of the muscular system	Consolidation	To be able to plan and use a fitness programme
Week 6	Narrow Boat- To be able to evaluate a sports coaching session	To be able to review own practice of leaderships	To be able to participate in exercise and fitness activities designed to improve personal fitness.	To know the structure and function of the muscular system	Consolidation	To be able to plan and use a fitness programme