

Date	Address	Sport		Lesson 2	Theory	Lesson 3	Lesson 4
29 <sup>th</sup> September	Newalls Boxing Academy	Boxing	History of boxing Skills involved	Stance and technique	What makes a good coach?		
1 <sup>st</sup> October	Stanley Green Retail Park, Unit K2 Box Football, Cheadle Hulme SK8 6PT	Box football	What do you already know about football? Passing and the correct technique	Put skills into practice	What makes a good coach?		
6 <sup>th</sup> October	Unit E2 Pear Mill Lower Bredbury Stockport SK6 2BP	Magic Hatton Boxing & Fitness	Recap skills they have learnt in boxing and how to build on them	Jab technique and combination work	What makes a good coach?		
8 <sup>th</sup> October	Stanley Green Retail Park	Box Football	Recap passing technique Pass and control	Shooting Competition	Effective leadership		
11 <sup>th</sup> October	Signal Community Centre	Dodgeball	Rules of Dodgeball Throwing skills	Students create their own game of dodgeball	Leadership skills in a group		

				with their own rules			
18 <sup>th</sup> October	Signal Community Centre	Dodgeball	Revisit rules Recap throwing skills Catching drills	Students to change the rules of dodgeball and create their own	Leadership skills in a group		
25 <sup>th</sup> October	Signal Community Centre	Benchball	Rules of Benchball	Students create their own game	Effective leadership		
1st November	Signal Community Centre	Benchball	Revisit rules	Passing drills and technique	Leadership skills needed in a team		
8 <sup>th</sup> November	Signal Community Centre	Dodgeball	Put their own game in to practice	Dodging	Leadership skills needed in a team		
15 <sup>th</sup> November	Signal Community Centre	Benchball	Put their own game in to practice	Tournament	Evaluating a game of benchball		
22 <sup>nd</sup> November	Newalls Boxing Academy	Boxing	What do they already know about boxing? Techniques	Combinations	Fundamentals of boxing History of boxing		
29 <sup>th</sup> November	Newalls Boxing Academy	Boxing	Footwork	Work on the bags	Fundamentals of boxing What do you know about boxing?		
6 <sup>th</sup> December	Newalls Boxing Academy	Boxing	Combination work	Boxing circuit	Rules of boxing		

10 <sup>th</sup> January	Newalls Boxing Academy	Boxing	Boxing circuit	Spar	Rules of boxing		
12 <sup>th</sup> January	Egerton St, Oldham OL1 3SE	MAHDLO	Gym	Sports hall Team Games	Components of fitness	Sensory room	Cooking: Health and safety
19 <sup>th</sup> January	Egerton St, Oldham OL1 3SE	MAHDLO	Sports hall Badminton	Gym circuit session	Components of fitness	Sensory room	Cooking: Health and safety with cooking equipment
26 <sup>th</sup> January	Egerton St, Oldham OL1 3SE	MAHDLO	Sports hall Badminton	Gym circuit Session	Skeletal system	Sensory room	Cooking: Health and safety with cooking equipment
2 <sup>nd</sup> February	Egerton St, Oldham OL1 3SE	MAHDLO	Sports hall Basketball	Gym	Skeletal system	Cooking: To understand health and safety in the kitchen	Cooking: To understand health and safety in the kitchen
9 <sup>th</sup> February	Egerton St, Oldham OL1 3SE	MAHDLO	Gym	Sports hall Basketball	Muscular system	Cooking: To be able to prepare food effectively	Cooking: To be able to prepare food effectively
16 <sup>th</sup> February	Egerton St, Oldham OL1 3SE	MAHDLO	Arts and crafts	Drugs and alcohol session	Muscular system	Cooking: Importance of a healthy diet	Cooking: Importance of a healthy diet
2 <sup>nd</sup> March	Egerton St, Oldham OL1 3SE	MAHDLO	Gym Weight training	Different types of drugs	Muscular system	Cooking: Changes that happen when	Cooking: Changes that happen when

						food starts to cook	food starts to cook
9 <sup>th</sup> March	Egerton St, Oldham OL1 3SE	MAHDLO	Gym Circuit session	Different types of drugs and their effects	Components of fitness	Cooking: How to prepare dishes	Cooking: How to prepare dishes
16 <sup>th</sup> March	Egerton St, Oldham OL1 3SE	MAHDLO	Gym Cardio training	Wood burning	Skeletal system	Cooking: Food contamination	Cooking: Food contamination:
23 <sup>rd</sup> March	Egerton St, Oldham OL1 3SE	MAHDLO	Gym Team competition	Wood burning	Skeletal system	Cooking: Cook dishes of own choice	Cooking: Cook dishes of own choice
30 <sup>th</sup> March	Egerton St, Oldham OL1 3SE	MAHDLO	Gym Bag work	Jewellery making	Muscular system	Cooking: Cook dishes of own choice	Cooking: Cook dishes of own choice
6 <sup>th</sup> April	Cycling	Simply Cycling	Cycling -	Cycling	Understand the cardiovascular system	Cooking: Cook dishes of own choice	Cooking: Cook dishes of own choice
27 <sup>th</sup> April	Egerton St, Oldham OL1 3SE	MAHDLO	Gym cardio training	Sports hall- Team games	To know the structure and function of the Respiratory system	Cooking around the world.	Cooking around the world.
4 <sup>th</sup> May	Egerton St, Oldham OL1 3SE	MAHDLO	Gym Weight training	Sports hall- Team games	Bones in the body	Cooking around the world.	Cooking around the world.
11 <sup>th</sup> May	Egerton St, Oldham OL1 3SE	MAHDLO	Gym Weight training	Sports hall- Team games	Bones in the body	Cooking around the world.	Cooking around the world.
18 <sup>th</sup> May	Egerton St, Oldham OL1 3SE	MAHDLO	Gym Weight training	Sports hall- Team games	Bones in the body	Preparing a healthy meal for others.	Preparing a healthy meal for others.

25th May							
8 <sup>th</sup> June	Cycling	Simply Cycling	Cycling -	Cycling	Understand the cardiovascular system	Horse riding	Horse riding
15 <sup>th</sup> June	Cycling	Simply Cycling	Cycling -	Cycling	Understand the cardiovascular system	Horse riding	Horse riding
22 <sup>nd</sup> June	Cycling	Simply Cycling	Cycling -	Cycling	Understand the cardiovascular system	Swimming	Swimming
29 <sup>th</sup> June	Cycling	Simply Cycling	Cycling -	Cycling	Understand the cardiovascular system	Swimming	Swimming
6 <sup>th</sup> July	Egerton St, Oldham OL1 3SE	MAHDLO	Gym Weight training	Sports hall- Team games	Bones in the body	Swimming	Swimming
13th July	Egerton St, Oldham OL1 3SE	MAHDLO	Gym Weight training	Sports hall- Team games	Bones in the body	Swimming	Swimming

**20th July- Sports day 27<sup>th</sup> July- Presentation**