

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
<b>Key focus</b>	Components of fitness	Components of fitness	Fitness Testing	Fitness Testing	Fitness Testing	Components of fitness
<b>Key knowledge and skills</b>	<p><b>Select and apply basic</b> skills, techniques and tactics to suit the activity</p> <p><b>Identify</b> the 3 different components of a warm-up and <b>lead one component with support</b></p> <p><b>Know</b> the different components of fitness and <b>know</b> which components of fitness would be useful in different sports/physical activities</p> <p><b>Know</b> which types of training improve specific components of fitness</p>	<p><b>Select and apply basic</b> skills, techniques and tactics to suit the activity</p> <p><b>Identify</b> the 3 different components of a warm-up and <b>lead one component with support</b></p> <p><b>Know</b> the different components of fitness and <b>know</b> which components of fitness would be useful in different sports/physical activities</p> <p><b>Know</b> which types of training improve specific components of fitness</p>	<p><b>Select and apply basic</b> skills, techniques and tactics to suit the activity</p> <p><b>Identify</b> the 3 different components of a warm-up and <b>lead one component with support</b></p> <p><b>Know</b> the different fitness tests</p> <p><b>Link</b> each fitness test to the correct component of fitness it measures</p>	<p><b>Select and apply basic</b> skills, techniques and tactics to suit the activity</p> <p><b>Identify</b> the 3 different components of a warm-up and <b>lead one component with support</b></p> <p><b>Know</b> the different fitness tests</p> <p><b>Link</b> each fitness test to the correct component of fitness it measures</p>	<p><b>Select and apply basic</b> skills, techniques and tactics to suit the activity</p> <p><b>Identify</b> the 3 different components of a warm-up and <b>lead one component with support</b></p> <p><b>Know</b> the different fitness tests</p> <p><b>Link</b> each fitness test to the correct component of fitness it measures</p>	<p><b>Select and apply basic</b> skills, techniques and tactics to suit the activity</p> <p><b>Identify</b> the 3 different components of a warm-up and <b>lead one component with support</b></p> <p><b>Know</b> the different components of fitness and <b>know</b> which components of fitness would be useful in different sports/physical activities</p> <p><b>Know</b> which types of training improve specific components of fitness</p>
<b>Key words/ vocabulary</b>	Flexibility Aerobic endurance Muscular endurance Muscular strength Body composition Continuous training Fartlek training Static active stretching Static passive stretching Free weights training Circuit training Warm-up Pulse raiser Mobilisation Preparation stretches	Speed Power Coordination Reaction time Agility Balance Body composition Interval training Acceleration sprints Light reaction training Plyometric training SAQ training Warm-up Pulse raiser Mobilisation Preparation stretches	12-minute cooper run Multi-stage fitness test One minute press-up test One minute sit-up test Hand grip dynamometer test 1 rep max test 30m sprint test 30m flying sprint test Warm-up Pulse raiser Mobilisation Preparation stretches	Sit and reach test Calf flexibility test Illinois agility run test T test Vertical jump test Standing long jump Ruler drop test Online reaction time test Alternate hand wall-toss test Stick flip coordination test Warm-up Pulse raiser Mobilisation Preparation stretches	Standing stork test Y balance test Warm-up Pulse raiser Mobilisation Preparation stretches	Flexibility Aerobic endurance Muscular endurance Muscular strength Body composition Continuous training Fartlek training Static active stretching Static passive stretching Free weights training Circuit training Warm-up Pulse raiser Mobilisation Preparation stretches

<b>Assessment method</b>	Question and answer	Question and answer Recall questions from physical components of fitness	Summative AP1 assessment (written) Question and answer Recall questions from components of fitness	Question and answer Recall questions from physical components of fitness & previously learned fitness tests	Summative AP2 assessment (written) Question and answer Recall questions from physical components of fitness & fitness tests	Question and answer
<b>Wider links</b>	PSALM days PSHE – healthy choices Science Food tech	PSALM days PSHE – healthy choices Science Food tech	PSALM days PSHE – healthy choices Science Food tech	PSALM days PSHE – healthy choices Science Food tech	PSALM days PSHE – healthy choices Science Food tech	PSALM days PSHE – healthy choices Science Food tech
<b>Enrichment opportunities</b>	Participate in extra-curricular sports clubs Represent Immanuel sports teams Watch professional sport to observe the components of fitness in action Cristiano Ronaldo documentary 'Tested to the Max' Born to Run (Christopher McDougall)	Participate in extra-curricular sports clubs Represent Immanuel sports teams Participate in PE rewards Watch professional sport to observe the components of fitness in action Cristiano Ronaldo documentary 'Tested to the Max' Born to Run (Christopher McDougall)	Participate in extra-curricular sports clubs Represent Immanuel sports teams Watch Cristiano Ronaldo documentary 'Tested to the Max'	Participate in extra-curricular sports clubs Represent Immanuel sports teams Participate in PE rewards Watch Cristiano Ronaldo documentary 'Tested to the Max'	Participate in extra-curricular sports clubs Represent Immanuel sports teams Participate in PE rewards Represent Immanuel in the BDAT sports days Represent your house in the Immanuel sports day	Participate in extra-curricular sports clubs Represent Immanuel sports teams Watch professional sport to observe the components of fitness in action Cristiano Ronaldo documentary 'Tested to the Max' Born to Run (Christopher McDougall)
<b>Careers links</b>	Personal trainer Sports coach PE teacher Military PT Sports data analyst Gym instructor	Personal trainer Sports coach PE teacher Military PT Sports data analyst Gym instructor	Sports coach PE teacher Health practitioner Personal trainer Physiotherapist Military PT	Sports coach PE teacher Health practitioner Personal trainer Physiotherapist Military PT	Sports coach PE teacher Health practitioner Personal trainer Physiotherapist Military PT	Personal trainer Sports coach PE teacher Military PT Sports data analyst Gym instructor