

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Key focus	Components of fitness	Components of fitness	Fitness Testing	Fitness Testing	Fitness Testing	Components of fitness
Key knowledge and skills	<p>Select and apply a range of advanced skills, techniques and tactics to suit the activity</p> <p>Explain the 3 different components of a warm-up and lead an entire warm-up without support. Know some physiological responses of a warm-up</p> <p>Know the definitions of the different components of fitness and explain which components of fitness would be useful in different sports/physical activities</p> <p>Explain the different types of training and the components of fitness they improve</p> <p>State an advantage & disadvantage of each type of training</p>	<p>Select and apply a range of advanced skills, techniques and tactics to suit the activity</p> <p>Explain the 3 different components of a warm-up and lead an entire warm-up without support. Know some physiological responses of a warm-up</p> <p>Know the definitions of the different components of fitness and explain which components of fitness would be useful in different sports/physical activities</p> <p>Explain the different types of training and the components of fitness they improve</p> <p>State an advantage & disadvantage of each type of training</p>	<p>Select and apply a range of advanced skills, techniques and tactics to suit the activity</p> <p>Explain the 3 different components of a warm-up and lead an entire warm-up without support. Know some physiological responses of a warm-up</p> <p>Explain how to carry out different fitness tests and the component of fitness each test measures</p> <p>Explain the purpose of the equipment required to carry out different fitness tests</p> <p>Explain the practicality of each fitness test</p>	<p>Select and apply a range of advanced skills, techniques and tactics to suit the activity</p> <p>Explain the 3 different components of a warm-up and lead an entire warm-up without support. Know some physiological responses of a warm-up</p> <p>Explain how to carry out different fitness tests and the component of fitness each test measures</p> <p>Explain the purpose of the equipment required to carry out different fitness tests</p> <p>Explain the practicality of each fitness test</p>	<p>Select and apply a range of advanced skills, techniques and tactics to suit the activity</p> <p>Explain the 3 different components of a warm-up and lead an entire warm-up without support. Know some physiological responses of a warm-up</p> <p>Explain how to carry out different fitness tests and the component of fitness each test measures</p> <p>Explain the purpose of the equipment required to carry out different fitness tests</p> <p>Explain the practicality of each fitness test</p>	<p>Select and apply a range of advanced skills, techniques and tactics to suit the activity</p> <p>Explain the 3 different components of a warm-up and lead an entire warm-up without support. Know some physiological responses of a warm-up</p> <p>Know the definitions of the different components of fitness and explain which components of fitness would be useful in different sports/physical activities</p> <p>Explain the different types of training and the components of fitness they improve</p> <p>State an advantage & disadvantage of each type of training</p>
Key words/ vocabulary	Flexibility Aerobic endurance Muscular endurance Muscular strength Body composition Continuous training Fartlek training Static active stretching Static passive stretching Free weights training Circuit training	Speed Power Coordination Reaction time Agility Balance Body composition Endomorph Ectomorph Mesomorph Interval training	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	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	Standing stork test Y balance test Cardiorespiratory Musculoskeletal Heart rate Intensity Synovial fluid 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

“Perseverance produces character, and character, hope” (Romans 5:4)

	Warm-up Pulse raiser Mobilisation Preparation stretches Heart rate Breathing rate Intensity Synovial fluid Static stretches Dynamic stretches	Acceleration sprints Light reaction training Plyometric training SAQ training Warm-up Pulse raiser Mobilisation Preparation stretches Heart rate Breathing rate Intensity Synovial fluid Static stretches Dynamic stretches	Preparation stretches Heart rate Breathing rate Intensity Synovial fluid Static stretches Dynamic stretches	Pulse raiser Mobilisation Preparation stretches Heart rate Breathing rate Intensity Synovial fluid Static stretches Dynamic stretches	Heart rate Breathing rate Intensity Synovial fluid Static stretches Dynamic stretches	Warm-up Pulse raiser Mobilisation Preparation stretches Heart rate Breathing rate Intensity Synovial fluid Static stretches Dynamic stretches
Assessment method	Question and answer	Question and answer Recall questions from components of fitness and types of training	Summative AP1 assessment (written) Question and answer Recall questions from components of fitness and types of training	Question and answer Recall questions from components of fitness, types of training & previously learned fitness tests	Summative AP2 assessment (written) Question and answer Recall questions from components of fitness, types of training & fitness tests	Question and answer
Wider links	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
Enrichment opportunities	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)
Careers links	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