



	Targeted questioning Quizzes	Targeted questioning Quizzes	Targeted questioning Quizzes	Targeted questioning Quizzes	Targeted questioning Quizzes	Targeted questioning Quizzes
<b>Careers input</b>	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist Sports development officer Sports journalist Events manager	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist Sports development officer Sports journalist Events manager	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist Sports development officer Sports journalist Events manager	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist Sports development officer Sports journalist Events manager	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist Sports development officer Sports journalist Events manager	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist Sports development officer Sports journalist Events manager
<b>Links (prior knowledge, future knowledge)</b>	<p><b>This units build on:</b></p> <p>Year 8 rugby unit where pupils developed the ability to outwit opponents and teams using strategies and tactics.</p> <p><b>This unit prepares students for:</b> Pupils will learn to prepare for and recover from exercise safely and effectively and to know the principles used. Pupils will</p>	<p><b>This units build on:</b></p> <p>Year 8 badminton unit where students developed a series of tactical strategies to develop skills, shot selection and tactical awareness.</p> <p><b>This unit prepares students for:</b> Suggest any badminton clubs within the school timetable and promote extracurricular opportunities. Highlight badminton-based fitness and the necessary components of fitness needed. i.e. coordination. Develop</p>	<p><b>This units build on:</b></p> <p>Year 9 HRF unit which encouraged pupils to prepare and recover from exercise safely and effectively and to gain an understanding of the principles used. To develop an experience of a range of activities that involves sustained physical work. Pupils should understand that different events demand different components of fitness and be able</p>	<p><b>This units build on:</b></p> <p>Year 8 football unit where pupils will further develop the ability to outwit opponents and teams using strategies and tactics. Pupils will learn to combine and perform further developed football skills consistently applying fluency and a greater accuracy and quality of technique.</p> <p><b>This unit prepares students for:</b></p>	<p><b>This units build on:</b></p> <p>Year 8 athletics unit which focused on the running, throwing, and jumping events and how to develop performance to push achievement and success.</p> <p><b>This unit prepares students for:</b> developing their performance further to a fully competitive standard, where students can assess own and peer performance to improve further. Students also</p>	<p><b>This units build on:</b></p> <p>Year 8 cricket unit where pupils developed the ability to outwit opponents using strategies and tactics. Pupils will learn to apply consistency &amp; accurate timing in the use of techniques for batting, bowling and fielding. Pupils should begin to develop the ability to evaluate performances.</p>

	<p>recognise the benefits to their health of regular exercise and the benefits of being active in rugby. Suggest any rugby clubs within the school timetable and promote community links. To understand the type of fitness rugby players, need to perform at a high level.</p>	<p>a deeper understanding of stretches for all major muscle group and those specific to badminton. Discuss the major benefits of being healthy and living an active lifestyle both during school and post 16.</p>	<p>to adapt to the set task.</p> <p><b>This unit prepares students for:</b></p> <p>Understand effects of physical, mental and social wellbeing as a result of good Fitness. Recognising individual strengths and weaknesses. Be able to plan and be responsible for personal fitness.</p>	<p>Develop a deeper understanding of stretches for all major muscle group and those specific to Football. Discuss the negative effects of dehydration to a Football player. Suggest any Football clubs within the school timetable and promote community links. Discuss the benefits of being healthy and living an active lifestyle.</p>	<p>prepare for LHS annual sports day and county athletic competitions.</p>	<p><b>This unit prepares students for:</b></p> <p>Pupils will understand why regular exercise has a positive effective on their own health, fitness and social well-being. Suggest any cricket clubs within the school timetable and promote community links. Highlight cricket fitness needs and the necessary components of fitness needed. i.e. coordination, reaction time, speed and agility.</p>
<p><b>Key vocabulary</b></p>	<p>Attacking, defending, space, switch pass, miss pass, rucking, clearing out, centre ruck, offside line, jackaling, bind engagement, hips above shoulders.</p>	<p>base position, angles, forehand, backhand, smash, overhead, dig, set, volley, drop shot, block, push, chip, staying in the rally, finishing the rally, tactics, game plan, success criteria, officiating/umpiring, captaincy, adjustments/variations, anticipation, fitness.</p>	<p>Resting, Maximum Heart Rate, Fitness Testing Illinois agility, Dynamometer, Vertical, Abdominal, Cardiovascular Endurance, Effect of Exercise, Components of Fitness, Speed,</p>	<p>Starts, restarts, set plays, team strategy, team play, tournaments, competitions, preparation, recovery, fitness, exercise, activity, leading, officiating, principles of play, attack, defence, outwitting</p>		<p>stance, body position, follow-through, mechanics of movement, line and length, attacking and defensive strokes, batting order, bowling techniques, field placements, coaching,</p>

