

Week Start	Content Description	Assessment	Events
September			
3rd	Intro to theory: Anatomy and Physiology Understanding and knowledge of skeletal system, functions, movement, names of bones, application to sport	Observational Q and A Textbook activity Peer/Group assessment	
10 th	Practical: Competitive swimming, performance, stroke analysis and timing	Video analysis Peer assessment Observational	10-14 th CEM Assessments (7,9 & 11) 14 th Target Grades Deadline (8,10, 12) 14 th Year 7 Picnic
17 th	Understanding and knowledge of muscular system, names of muscles, antagonistic muscle action, connection with skeleton, muscles worked under varying movements	Observational Q and A Textbook activity Peer/Group assessment	17-20 th CEM Assessments (7,9 & 11)
24 th	Practical: Life saving and personal survival, extended/chest tows, cpr, lifesaving front crawl, treading water	Video analysis Peer assessment Observational Summative 50 m times recorded	28 th Prophet's Birthday - Observed
October			
1st	Test on muscular and skeletal systems. Key word and terminology analysis	Summative test (skeletal and muscular systems)	4 th Swimming Gala 5 th Armed Forces Day
8 th	Practical: Basketball-understanding how effective dribbling and passing are key to effective game play	Video analysis Peer assessment Observational	8 th Target Grade Deadline (7,9,11) 10 th Careers Day
15 th	Understanding and knowledge of circulatory system, passage of blood, veins, arteries, affects of exercise(short and long term), composition of blood. Aerobic and anaerobic systems	Observational Q and A Textbook activity Peer/Group assessment	
22 nd	Half Term Break		
29 th	Understanding and knowledge of circulatory system, passage of blood, veins, arteries, affects of exercise(Observational Q and A Textbook activity	31 st Orange and Black Day

	short and long term), composition of blood. Aerobic and anaerobic systems	Peer/Group assessment	
November			
5 th	Practical: Basketball, offensive and defensive plays, shooting	Video analysis Peer assessment Observational	
12 th	Understanding and knowledge of respiratory systems, oxygen debt, aerobic and anaerobic, minute ventilation, vo2 max, EPOC, passage of air	Observational Q and A Textbook activity Peer/Group assessment	
19 th	Practical: Football passing/dribbling technique	Video analysis Peer assessment Observational	AP1 Written Comments Deadline
26 th	AP1 Preparation	Task cards, gcsepod, exam technique	
December			
3 rd	AP1 Exams		4 th First Day AP1 Exams
10 th	AP1 Exams		15 th Last Day AP1 Exams
17 th	Reflection on term		22 nd Winter Break
25 th	Winter Break		
January			
1 st	Winter Break		
7 th	Classes cover various facets of <i>Physical Fitness</i> , including that of Muscular Endurance and Power, via the use of weights and/or Resistance training. The focal Guiding Principle is <i>Fitness</i> . For this week, students will be theoretically introduced to Muscular Endurance and Power. Students will be using the Weights room to carry-out resistance training, specifically for the upper-body.	Formative Q and A Peer/group assessment Observational Video analysis	8 th First Day
14 th	Classes cover various facets of <i>Physical Fitness</i> , including that of Muscular Endurance and Power, via the use of weights and/or Resistance training. The focal Guiding Principle is <i>Fitness</i> . For this week, students will be using the weights room to execute Power exercises (compound exercises with weights, such as Power Squats)	Formative Q and A Peer/group assessment Observational Video analysis	
21 st	Classes cover various facets of <i>Physical Fitness</i> , including that of Muscular Endurance and Power, via the use of weights and/or Resistance training. The focal Guiding Principles is <i>Fitness and Evaluation</i> . For this week, students will be split into ability groups	Summative Video analysis	25 th National Holiday

	and will be assigned a Resistance and/or Power <i>Fitness</i> drill to finish within the designated time. Students will then reflect onto their own performance as well as their peers.		
28 th	PERSONAL SURVIVAL		
February			
4 th	PERSONAL SURVIVAL		
11 th	PERSONAL SURVIVAL		
18 th	PERSONAL SURVIVAL		21-22 nd Half Term
25 th	Compete in a range of athletic activities, performing at maximum levels as well as evaluating others and own performance with strategies to improve performance. The key Guiding Principle here is <i>Evaluation</i>	Formative Q and A Peer/group assessment Observational Video analysis	
March (10 th Ramadan Starts)			
3 rd	Compete in a range of athletic activities, performing at maximum levels as well as evaluating others and own performance with strategies to improve performance. The key Guiding Principle here is <i>Evaluation</i>	Formative Q and A Peer/group assessment Observational Video analysis	
10 th	Compete in a range of athletic activities, performing at maximum levels as well as evaluating others and own performance with strategies to improve performance. The key Guiding Principle here is <i>Evaluation</i>	Formative Q and A Peer/group assessment Observational Video analysis	
17 th	Compete in a range of athletic activities, performing at maximum levels as well as evaluating others and own performance with strategies to improve performance. The key Guiding Principle here is <i>Evaluation</i>	Formative Q and A Peer/group assessment Observational Video analysis	
24 th	Compete in a range of athletic activities, performing at maximum levels as well as evaluating others and own performance with strategies to improve performance. The key Guiding Principle here is <i>Evaluation</i>	Summative Video Analysis	
April			
31 st	Students will participate in various striking sports such as softball, rounders, table tennis cricket and badminton. The goal is to improve their hand and eye coordination, hand and bat, racket coordination. Students will learn	Formative Q and A Peer/group assessment Observational	

	how to adapt to different scenarios using different equipment. Agility, speed decision making and balance will also be tested during these events.	Video analysis	
7 th	Students will participate in various striking sports such as softball, rounders, table tennis cricket and badminton. The goal is to improve their hand and eye coordination, hand and bat, racket coordination. Students will learn how to adapt to different scenarios using different equipment. Agility, speed decision making and balance will also be tested during these events.	Formative Q and A Peer/group assessment Observational Video analysis	10-11 th Eid Holiday
14 th	Focusing on fitness, students will engage in a wide variety of fielding activities and sports. The goal is to improve their speed, agility, balance and coordination. Reflect on the guiding principals of evaluation and fitness.	Formative Q and A Peer/group assessment Observational Video analysis	
21 st	Focusing on fitness, students will engage in a wide variety of fielding activities and sports. The goal is to improve their speed, agility, balance and coordination. Reflect on the guiding principals of evaluation and fitness.	Formative Q and A Peer/group assessment Observational Video analysis	25 th Spring Break
28 th	Spring Break		
May			
5 th	Focusing on fitness, students will engage in a wide variety of fielding activities and sports. The goal is to improve their speed, agility, balance and coordination. Reflect on the guiding principals of evaluation and fitness.	Summative assessment Video analysis	7 th Start of Term 2
12 th	Students will apply and reflect on techniques they've learned in the previous two weeks and apply it to various striking and fielding games. Guiding principals are evaluation and fitness in fielding and striking related games.	Formative Q and A Peer/group assessment Observational Video analysis	
19 th	Through Orienteering and Outdoor Challenges, combining skills that promote Spatial Awareness, Team-building as well as the appreciation of outdoor & adventure activities. All Guiding Principles here are included, from <i>Mastery</i> , <i>Fitness</i> to <i>Decision-making</i> and <i>Evaluation</i> .	Formative Q and A Peer/group assessment Observational Video analysis	
26 th	Through Orienteering and Outdoor Challenges, combining skills that promote Spatial Awareness, Team-building as well as	Formative Q and A	

	the appreciation of outdoor & adventure activities. All Guiding Principles here are included, from <i>Mastery, Fitness to Decision-making</i> and <i>Evaluation</i> .	Peer/group assessment Observational Video analysis	
June			
2 nd	Through Orienteering and Outdoor Challenges, combining skills that promote Spatial Awareness, Team-building as well as the appreciation of outdoor & adventure activities. All Guiding Principles here are included, from <i>Mastery, Fitness to Decision-making</i> and <i>Evaluation</i> .	Summative assessment Video Analysis	6 th End of year assembly
9 th	Week Without Walls		12 th Last day for Students 13 th Last day for Teachers
End of Year			
<u>Additional Notes:</u>			