

Core PE	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 7 to Year 11	Fitness challenge  Muscles and bones	Fitness challenge  Muscles and movement	Fitness challenge  warm-ups	Fitness challenge  Cool-downs	Fitness challenge  Reasons for taking part in physical activity	Fitness challenge  Exercise & fitness as part of your healthy, active lifestyle.

BTEC SPORT

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 9	Sport in the media-sporting events  Sport in the media-athletes	Russian doping scandal and the media  Introduction of VAR	Performance enhancing drugs  Barriers to participation	The Olympic movement  Leadership styles and qualities	Newly emerging sports  Money in sport	Sporting values  Gamesmanship and sportsmanship
Year 10	Rules of Badminton  Regulations of Badminton	Badminton Officials	Catch up/assignment corrections	Rules of second sport  Regulations of second sport	Officials of second sport	Catch up/assignment corrections
Year 11	To identify and locate the major muscle and bones in the body.  To explain the 5 functions of the skeleton.	Short term effects fitness training has on the musculoskeletal system and the cardiorespiratory system.	Assignment write up. 2B.P2 - Describe the structure and function of the musculoskeletal and	Catch up/assignment corrections.	2C.P4 - Safely implement a six week personal fitness training programme, maintaining a training diary. **begin week 1 of	Week 2 of fitness programme. Review this on the second lesson of the week.

			cardiorespiratory systems.		training programme – review this on the second lesson of the week.	
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### Child Development

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 9	Equipment – safety features – assessing importance	Medical needs in pregnancy – the roles of health professionals (GP, midwife)	Routine checks in pregnancy – scans, urine, bloods, height and weight	The signs of early labour The stages of labour and birth – position of the foetus	Routine tests of baby – Apgar, skin, physical and reflex	What is a premature baby – what checks need to be performed on a pre term baby
Year 10	Unit RO19 Nursery Room 2 Travelling Equipment 1. Car Seat 2. Stroller 3. Reins	Completion of Travelling Equipment  Research & Choose Feeding equipment 1. Weaning Bibs	Research & Choose Feeding Equipment 2. Cutlery 3. Trainer Cup	In Depth Individual Feedback sheets with Assignment strengths, weaknesses and next steps to complete	Introduction to Nutritional needs for children and Task 3  Explanation of Nutritional requirements birth to 5yrs	Eatwell Plate and Government Guidelines for Healthy Eating  Enforcing the importance of the nursery setting throughout assignment
Year 11	All students to work on RO19 coursework. 1 / 2/ 3 Individual feedback to each student.	Final week to send corrections in. All students sent homework from school and emailing individuals.	Introduction to assignment 1. RO20. Learning outcome 1. Recap of • physical development •	Introduction to assignment 1. RO20. Learning outcome 1. Recap of • physical development •	Set Task 1 – Physical, intellectual and social development norms from birth to five years. You	Assignment write up time/ corrections with zoom if possible.

			intellectual development • social development. Set task sheets.	intellectual development • social development. Set task sheets. Corrections on marked work.	must present your materials, in your own words, for the playgroup's new staff on the developmental norms from birth to five years, to cover P/I/S development. Powerpoint to help and pre-prepared loom lesson.	
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Dance

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 9	Blog/ Vlog of the all that Jazz work. Description and explanation of what they completed last term.	Chicago fast feet. Learning and showing skills. Follow and copy youtube clip. Tik tok style dance with their own moves to a song of their choice.	Vlog/ blog of Chicago fast feet. Skills audit Particular attention to the musicality and the accurate reproduction of choreography.	Introduction of ballet/ Tap. Students have a choice. Follow and copy youtube clip. Students to be able to copy the skills and perform accurately.	Vlog/ blog of ballet/ tap. Skills audit. Particular attention to timing and personal management of coordination, flexibility and posture.	Introduction of disco dancing. Suggestions of youtube clip for Blue task, ambe to research the disco era. Theory on task on where it came from. Choose a song and replicate.
Year 10	Introduction to Contemporary Dance. Replicate set piece of choreography- Beyone Pretty	Recap and extend set choreography of Beyonce Pretty Hurts (Intro plus starting verse 0.26mins)	Introduction to the skills audit for students to reflect on the last term and the start of this dance.	Live Group rehearsal of choreography learnt to date	In depth individual feedback sheets to improve skills audit.	Research and collate info around contemporary dance.

	Hurts (0.16mins Intro) Feedback thoughts on choreography	Feedback form of reflection, SWAN so far, favourite part and any choreography coming up that looks difficult	No new set choreography but the expectation to rehearse that learnt already	Peer feedback of SWAN and work collaborately to improve	Work on corrections	Complete first verse of Beyonce Pretty Hurts
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Enrichment

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 10 and 11	Job Hunting- Research what job you aspire to. What do you need to do to achieve that goal?	CV Writing Students will complete writing the CV using the template and resources provided	CV Writing Students to begin to understand what a CV is and why it is important. Begin to write their CV	Mental Health- How to keep good mental health and recognise symptoms of depression	Finance- Get Money Smart	Nutrition- Eat Well Plate  To learn what is a balanced diet