



Subject		Year	Term
Physical Education		9	2
Topic			
Developing Knowledge About Healthy/Active Lifestyle			
Content (Intent)			
Prior Learning (Topic)		Developing Skills In Individual, Conditioned Activities	
<u>Practical</u>			
<ol style="list-style-type: none"> Developing skills/performance within game situations Making informed choices about Healthy, active lifestyle. 			
<u>Theory</u>			
<ol style="list-style-type: none"> Introduction to Principles of Training – FITT and SPORT principles Demonstrate an understanding of the benefits of healthy living. Linking mental, physical and social aspects to their involvement in sport. 			
Future Learning (Topic)		Evaluating And Improving Performance	
What Knowledge and Skills will be taught (Implementation)		How will your understanding be assessed & recorded (Impact)	
<p>Developing Skills/Performance Students will further develop the fundamental principles of play when selecting and applying tactics for defending and attacking. Skills from each sport will be developed through small sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p> <p>Making Informed Choices About Healthy, Active Lifestyle Develop a deeper understanding of stretches for all major muscle group and those specific to sport. Discuss the benefits of being healthy and living an active lifestyle. Introduction to Principles of Training – FITT and SPORT principles and how applied to training.</p> <p>Sports covered Boys - football/rugby/fitness Girls – Netball/hockey/fitness</p>		<p>Assessment Students are continuously involved in assessment through appreciation, interpretation, analysis, judgement and evaluation of performance and understanding.</p>	
How can parents help at home?			
Take an active involvement in exercise with their child to promote healthy living.			
Helpful further reading/discussion (including Reading and Vocabulary Lists)			
<p>Reading Introduction to physical education – fitness & sport Author - Daryl Siedentop</p>		<p>Vocabulary Lists Distinguish Modify Evaluate Incorporate</p>	