Invasion Games

Achievement ◆ Academic ◆ Personal ◆ Social

Year 7 — Understanding and developing health and fitness — Year 11

Exam & Post – 16 Destination

YEAR 11

YEAR 10

Planning and designing a fitness program

Evaluating our health

Fitness testing

How can understanding our physical health help us to develop our fitness over time?

YEAR 9

Understanding health and skill related components of fitness

Principles of training

Methods of training

How can we develop our physical and skill related fitness?

YEAR 8

How different exercises can develop different components of fitness

Short term effects of exercise

How does safe and effective exercise improve fitness overtime?

Baseline testing and setting

YEAR 7

Components of fitness

Health and Fitness Learning Journey

Achievement ◆ Academic ◆ Personal ◆ Social

Year 7 — Understanding and developing health and fitness — Year 11

Exam & Post – 16 Destination

YEAR 11

YEAR 10

Developing understanding of formations

Developing understanding of positions and roles

Applying principles of invasion games into conditioned games

Developing attacking tactics

Applying passing and receiving to outwit opponents

YEAR 9

YEAR 8

Applying and developing principles of invasion games

Applying dribbling to outwit an opponent

Developing defensive tactics

Tackling

Passing and receiving

YEAR 7

Principles of invasion games

Applying skills

Shooting

Dribbling