**** **Greenwood School Curriculum Summaries Physical Education**

**Term: Spring 1 & 2 KS4 Health & Fitness continued- 6-week individual fitness training programme**

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| **Lesson name** | **Lesson outline** | **Online link(s)**  | **Other Resources** |
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| Fitness Testing | To know what fitness tests are used to measure the 11 components of fitness | <https://www.youtube.com/watch?v=g-iu4uMjHkc>  | Health and Fitness workbook |
| Fitness components | To know all skill related and health related components of fitness needed for different sporting and fitness activities. | <https://www.youtube.com/watch?v=votc_Gdfo4c>  | Health and Fitness workbook |
| Major muscles of the human body | To know the location of the major muscles of the human body | <https://www.youtube.com/watch?v=z7psWfRLXFY>  | Health and Fitness workbook |
| Circuit Training | To know what circuit training is To set up an extended circuit training session that develops whole body fitnessTo complete a circuit training session | <https://docs.google.com/spreadsheets/d/1pFodDTHCtzpEO1ISLgEH33rqh-hmSjKRB7zNP9xhh4E/edit#gid=0> <https://www.youtube.com/watch?v=jfQQ7tswfdM>  | Health and Fitness workbook |
| Weight Training | To know what weight training involves and be able to create your own weight training sessionTo complete a weight training session  | <https://www.youtube.com/watch?v=9JHs7IZz_a4>  | Health and Fitness workbook |
| Interval Training | To know what interval training involves and be able to create your own interval training sessionTo complete an interval training session  | <https://www.youtube.com/watch?v=X4BOxPVpqyA> <https://www.youtube.com/watch?v=WkRyOOQCVbo>  | Health and Fitness workbook |
| Fartlek Training | To know what weight training involves and be able to create your own weight training sessionTo complete a weight training session | <https://www.youtube.com/watch?v=H5QOVSsKH9Y>  | Health and Fitness workbook |
| Continuous Training | To know what continuous training involves and be able to create your own continuous training sessionTo complete a continuous training session | <https://www.youtube.com/watch?v=xRN1g_vfDDw>  | Health and Fitness workbook |
| 6-week Fitness programme | To create your own fitness session once a week over a 6-week period.To complete these sessions showing progressive overload to enhance fitness levels. | <https://www.healthline.com/health/progressive-overload#benefits> <https://www.youtube.com/watch?v=HiJ1uLuTNxo>  | Fitness Training Log |

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**Term: Spring 1 & 2 KS4 Individual/ Partner Activities**

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| --- | --- | --- | --- |
| **Lesson name** | **Lesson outline** | **Online link(s)**  | **Other Resources** |
| Table tennis rules | To know the rules of table tennis and follow these rules in a competitive game | <https://www.youtube.com/watch?v=RP3v_fApvzU> <https://www.youtube.com/watch?v=9ZoEMXyP9Lc> <https://www.youtube.com/watch?v=9ZoEMXyP9Lc> | Table tennis booklet |
| Decision MakingSkills | To be able to select the best position/option when playing table tennis | <https://www.youtube.com/watch?v=iTzWK_ONwKo>  |  |
| Decision making Skills | To be able to show appropriate tactics when participating in table tennis | <https://www.youtube.com/watch?v=Yxnj6qMaW1k>  |  |
| Performing skills  | Performing skills with control and precision – Serving | <https://www.youtube.com/watch?v=3ssudjz0PiU>  | Table tennis booklet |
| Performing Skills | Performing skills with control and precision – Rallying | <https://www.youtube.com/watch?v=9gwy_2pvuns>  | Table tennis booklet |
| Performing Skills | Performing skills with control and precision- Forehand Drive | <https://www.youtube.com/watch?v=xnMf8J6UFZs>  | Table tennis booklet |
| Performing Skills | Performing skills with control and precision- Backhand Drive | <https://www.youtube.com/watch?v=cgdeQllLahE> | Table tennis booklet |
| Performing Skills | Performing skills with control and precision- Spin shots | <https://www.youtube.com/watch?v=KVaWcIAyKgQ> <https://www.youtube.com/watch?v=P38tGd0sFy8> <https://www.youtube.com/watch?v=VKAFl9ZpbKE>  | Table tennis booklet |
| Performing Skills | Performing Skills with control and precision- Attacking Principles  | <https://www.youtube.com/watch?v=T8dHrFpZ8LA> <https://www.youtube.com/watch?v=Ohfm0lmsA40>  | Table tennis booklet |
| Performing Skills  | Performing Skills with control and precision- Defensive Principles | <https://www.youtube.com/watch?v=QU-Wlvz_JX0>  | Table tennis booklet |
| Performing Skills | Performing skills with control and precision- Umpiring competitive games | <https://www.youtube.com/watch?v=RP3v_fApvzU> <https://www.youtube.com/watch?v=9ZoEMXyP9Lc>  | Table tennis booklet |
| Reviewing performance | To identify own strengths when participating in a chosen activity |  | Table tennis Booklet |
| Reviewing performance | To identify ways in which own performance can be improved |  | Table tennis booklet |
| Reviewing performance | To identify ways in which performance of others could be improved |  | Table tennis booklet |