



ST JAMES'

CATHOLIC HIGH SCHOOL

<p>Health related fitness: Circuit training, interval training, cardiovascular fitness testing, to develop health related fitness and health awareness.</p> <p>Cardiovascular fitness test: 12 min run.</p>	<p>Engage in competitive games and sport.</p> <p>Cardiovascular fitness test: 12 min run.</p> <p>Health related fitness: Circuit training, interval training, cardiovascular fitness testing, to develop health related fitness and health awareness.</p> <p>Cardiovascular fitness test: 12 min run.</p>	<p>Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Pupils expected to know, apply and understand the skills and process for each sporting activity. Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle. Engage in competitive games and sport.</p>	<p>Backhand low serve, high serve, overhead clear to maintain a rally, high serve, drop shot, net shot, conditioned games, half court games. Full court games. Engage in competitive games and sport.</p>	<p>Develop technique and improve performance. Forehand drive. Engage in competitive games and sport.</p> <p>Re-visit HT 2</p> <p>Badminton: Backhand low serve, high serve, overhead clear to maintain a rally, high serve, drop shot, net shot, conditioned games, half court games. Full court games. Engage in competitive games and sport.</p>	<p>Embed physical development and skills learnt, Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Engage in competitive games and sport.</p>	<p>of positions and tactics and rules, full games. Engage in competitive games and sport.</p>	<p>Introduce the role of the catcher. Engage in competitive games and sport.</p>	<p><u>Cross curricular links</u></p> <p>Maths, Science, CPSHCE, Food and Nutrition.</p>
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