



## Unit Provision KS5: Active Curriculum Learning Journey 2021 – 2022

<b>Term 1</b>	Invasion Games: Basketball <ul style="list-style-type: none"> <li>- Passing and receiving</li> <li>- Attack and defence</li> <li>- Small sided games</li> <li>- Tactics and application of skills within a game</li> </ul>		Athletics: Indoor Athletics <ul style="list-style-type: none"> <li>- <b>Throwing:</b> indoor javelin, chest pass throw, indoor discus</li> <li>- <b>Running:</b> sprint starts, mini hurdles</li> <li>- <b>Jumping:</b> standing long jump, speed bounce</li> </ul>
<b>Term 2</b>	Health Related Fitness: Circuit training <ul style="list-style-type: none"> <li>- Cardiovascular</li> <li>- Muscular</li> <li>- Endurance</li> <li>- Sport specific</li> </ul>	Outdoor Adventurous Activities: Team building <ul style="list-style-type: none"> <li>- Plan</li> <li>- Do</li> <li>- Review</li> </ul>	Invasion Games: Handball <ul style="list-style-type: none"> <li>- Passing and receiving</li> <li>- Attack and defence</li> <li>- Small sided games</li> <li>- Tactics and application of skills within a game</li> </ul>
<b>Term 3</b>	Health Related Fitness: Circuit training <ul style="list-style-type: none"> <li>- Cardiovascular</li> <li>- Muscular</li> <li>- Endurance</li> <li>- Sport specific</li> </ul>	Health Related Fitness: Boxercise <ul style="list-style-type: none"> <li>- Stance</li> <li>- Jabs</li> <li>- Uppercuts</li> <li>- Blocks</li> </ul>	Net/wall Game: Volleyball/Sitting Volleyball <ul style="list-style-type: none"> <li>- Stance</li> <li>- Dig, volley, spike</li> <li>- Serve</li> <li>- Positions</li> <li>- Application in small sided games</li> <li>- Scoring</li> </ul>
<b>Term 4</b>	Outdoor Adventurous Activities <ul style="list-style-type: none"> <li>- Orientate a map</li> <li>- Directions</li> <li>- Symbols and features</li> <li>- Orienteering: plan, do, review</li> <li>- Teamwork &amp; communication</li> </ul>		Invasion Games: Hockey/Uni hoc <ul style="list-style-type: none"> <li>- Grip</li> <li>- Passing and receiving</li> <li>- Tackling</li> <li>- Shooting</li> <li>- Application in small sided games</li> </ul>
<b>Term 5</b>	Invasion Games: Tag Rugby <ul style="list-style-type: none"> <li>- Passing and receiving</li> <li>- Attack and defence</li> <li>- Small sided games</li> <li>- Tactics and application of skills within a game</li> </ul>		Net/wall Games: Short tennis/ target games <ul style="list-style-type: none"> <li>- Sending: forehand/backhand</li> <li>- Serve</li> <li>- Small sided games</li> <li>- Tactics and application of skills within a game</li> </ul>
<b>Term 6</b>	Fielding & Run Scoring: Rounders <ul style="list-style-type: none"> <li>- Fielding: throwing &amp; catching, short/long barriers</li> <li>- Hitting: grip, stance, tactical awareness</li> <li>- Fielding positions</li> <li>- Small and full sided games</li> </ul>		Athletics <ul style="list-style-type: none"> <li>- <b>Throwing:</b> javelin, chest pass throw/shot putt, discus</li> <li>- <b>Running:</b> sprint starts, sprints 25m – 200, 800m, hurdles</li> <li>- <b>Jumping:</b> standing long jump, standing triple jump</li> </ul>

### Big Ideas:

Athletics, Health Related Fitness, Games, Outdoor and Adventurous Activities, Gymnastics

### Individual Need:

Students will access varying amounts of the big ideas content dependent on individual need

Students complete a carousel of activities

