

Term	MYP1	MYP2	MYP3	MYP4	MYP5
Michaelmas HT1	<p>Football Skills & Intro to Orienteering Contents: History of football, rules of football, collaboration and teamwork, technical and tactical skills; passing, controlling and dribbling the football, fixed drills, variable drills and game based play. look at how defence and offence work together. Orienteering - map reading, walking and team building games.</p> <p>Project: None</p> <p>Assessment Format: Skills challenge to demonstrate techniques learnt. Literacy: Communication - speaking and listening Numeracy: Geometry - angles Internationalism/British values: Respect & Tolerance</p>	<p>Football skills & Orienteering Contents:History of football, rules of football, collaboration and teamwork, technical and tactical skills; passing, controlling and dribbling the football, fixed drills, variable drills and game based play. look at how defence and offence work together. Orienteering - map reading, walking and team building games.</p> <p>Project: None</p> <p>Assessment Format: Skills challenge to demonstrate techniques learnt. Literacy: Communication - speaking and listening Numeracy: Geometry - angles Internationalism/British values: Respect & Tolerance</p>	<p>Diet & Nutrition, Football & Archery Contents: Components of a healthy diet. Carbohydrates, Proteins, Fats, Vitamins & Minerals and why we need them? Importance of a balanced diet. Why it is important to exercise? Different types of exercises, anaerobic and aerobic. Design a menu for an elite athlete, explore choices we have when it comes to our health. Football - History of football, rules, teamwork, technical and tactical skills, fixed drills, variable drills and game based play. defence and offence work together. Archery, equipment, safety, breathing, target practice and individual/team tournaments.</p> <p>Project: You are a professional sports coach and you have been asked to give a presentation on how nutrition and exercise directly relates to health and well-being.</p> <p>Assessment Format: Presentation and Skills challenge to demonstrate techniques learnt. Literacy: speaking and listening Numeracy: Geometry - angles Internationalism/British values: Respect & Tolerance</p>	<p>Physiology, Football & Orienteering Contents: Skeletal and muscular system, main bones and muscles in the human arm and leg, human joints, levers of movement, planes of movement. Football - teamwork games, technical and tactical skills, fixed drills, variable drills and game based play. defence and offence working together. Understand how different team formations are used to create tactical advantages. Develop verbal and non verbal communication strategies. Orienteering, team building, map reading, compasses, route planning, risk assessments.</p> <p>Project: You are a fitness coach working with a youth football team and have been tasked with creating a presentation on what happens physiologically when they kick, head or throw a football.</p> <p>Assessment Format: Presentation and skills challenge. Literacy: Written presentation, speaking and listening. Numeracy: Geometry - angles Internationalism/British values: Individual Liberty and Democracy.</p>	<p>Sports injury, Football & Rock Climbing Contents: Common sports injuries, acute and chronic injuries, how to minimise the risk of sports injuries, different treatment techniques to rehabilitate from specific sports injuries, psychological impact of sports injuries how to prevent, diagnose and treat common football injuries. Football - teamwork games, technical and tactical skills, fixed drills, variable drills and game based play. defence and offence working together. Understand how different team formations are used to create tactical advantages. Develop verbal and non verbal communication strategies. Rock Climbing: Traversing, belaying, risk assessment, individual and team competitions.</p> <p>Project: You are a fitness coach working with a football team suffering from multiple reoccurring injuries. You need to design a leaflet that identifies common football injuries and what can be done to recover from, and prevent them from occurring again.</p> <p>Assessment Format: Leaflet Literacy: Written leaflet Numeracy: Geometry - angles Internationalism/British values:</p>
Cross Curricular	Humanities	Humanities	Science, PSHE, English	Science, English, Design	Science, English
Michaelmas HT2	<p>Rugby Skills and Intro to Orienteering Contents: History of rugby union, rules of rugby union, collaboration and teamwork, technical and tactical skills; passing, controlling and dribbling the football, fixed drills, variable drills and game based play of touch rugby. Look at how defence and offence work together. Orienteering - map reading, walking and team building games.</p> <p>Project: None</p> <p>Assessment Format: Skills challenge to demonstrate techniques learnt. Literacy: Communication - speaking and listening Numeracy: Geometry - angles Internationalism/British values: Respect & Tolerance</p>	<p>Rugby skills & Orienteering Contents: History of rugby union, rules of rugby union, collaboration and teamwork, technical and tactical skills; passing, controlling and dribbling the football, fixed drills, variable drills and game based play of touch rugby. Look at how defence and offence work together. Orienteering - map reading, walking and team building games.</p> <p>Project: None</p> <p>Assessment Format: Skills challenge to demonstrate techniques learnt. Literacy: Communication - speaking and listening Numeracy: Geometry - angles Internationalism/British values: Respect & Tolerance</p>	<p>Diet & Nutrition, Rugby & Archery Contents: Components of a healthy diet. Carbohydrates, Proteins, Fats, Vitamins & Minerals and why we need them? Importance of a balanced diet. Why it is important to exercise? Different types of exercises, anaerobic and aerobic. Design a menu for an elite athlete, explore choices we have when it comes to our health. Rugby - history of the sport, rules, fixed and variable drills with game based play. Archery - equipment, safety, target practice, individual and team tournament.</p> <p>Project: You are a professional sports coach and you have been asked to give a presentation on how nutrition and exercise directly relates to health and well-being.</p> <p>Assessment Format: Written Presentation - and Skills challenge to demonstrate techniques learnt. Literacy: Written presentation - speaking and listening Numeracy: Internationalism/British values: Individual Liberty and Democracy</p>	<p>Kinesiology, Rugby & Orienteering Contents: What happens physiologically when we kick, throw and head a football. Rugby - teamwork games, technical and tactical skills, fixed drills, variable drills and game based play. defence and offence working together. Orienteering, team building, map reading, compasses, route planning, risk assessments.</p> <p>Project: You are a fitness coach working with a youth football team and have been tasked with creating a presentation on what happens physiologically when they kick, head or throw a football.</p> <p>Assessment Format: Presentation, skills assessment. Literacy: written presentation, speaking and listening. Numeracy: Internationalism/British values: Individual Liberty,</p>	<p>Sports injury, - Rehabilitation - Rugby & Rock Climbing Contents: Common sports injuries, acute and chronic injuries, how to minimise the risk of sports injuries, different treatment techniques to rehabilitate from specific sports injuries, psychological impact of sports injuries how to prevent, diagnose and treat common football injuries. Rugby: teamwork games, technical and tactical skills, fixed drills, variable drills and game based play. defence and offence tactics. Rock Climbing: Traversing, belaying, risk assessment, individual and team competitions.</p> <p>Project: You are a fitness coach working with a football team suffering from multiple reoccurring injuries. You need to design a leaflet that identifies common football injuries and what can be done to recover from, and prevent them from occurring again.</p> <p>Assessment Format: Written report & skills assessment Literacy: Written report Numeracy: Internationalism/British values: Individual Liberty</p>
Cross Curricular	Humanities	Humanities	Science, PSHE, English	Science, English	Science, English

Term	MYP1	MYP2	MYP3	MYP4	MYP5
Lent HT3	<p>Skiing Contents: Components of fitness, controlled descent, turning and stopping.</p> <p>Project: None</p> <p>Assessment Format: Skills challenge to demonstrate techniques learnt.</p> <p>Literacy: Communication - speaking and listening</p> <p>Numeracy: Geometry - angles</p> <p>Internationalism/British values: Sustainability</p>	<p>Skiing Contents: Components of fitness, controlled descent, turning and stopping, parallel skiing.</p> <p>Project: None</p> <p>Assessment Format: Skills challenge to demonstrate techniques learnt.</p> <p>Literacy: Communication - speaking and listening</p> <p>Numeracy: Geometry - angles</p> <p>Internationalism/British values: Sustainability</p>	<p>Influence of Media on Health & Skiing Contents: Format and content of food & drink labels, techniques used in TV and online commercials to influence health choices. Use of media images, Photoshop, strategies used in the media to sell food and drink products, product placement, celebrity endorsement, social media. Skiing - adaptation, components of fitness, sustainability, skills acquisition.</p> <p>Project: Design an advertising poster for the department of health to help raise public awareness of how the media influences our health choices.</p> <p>Assessment Format: Poster, survey, questioning for understanding. Skiing - skills challenge.</p> <p>Literacy: Poster contents</p> <p>Numeracy: Statistics</p> <p>Internationalism/British values: Individual Liberty and Democracy</p>	<p>Nutritional Science & Basketball Contents: Explore dietary patterns, nutrients, and physical health, common food-related illnesses. Digestive system and the factors affecting how the body absorbs nutrients, essential nutrients needed in for Muscles, Bones, Blood, Liver, Kidneys and Heart. How heat, processing or food combination impact nutritional content. Basketball - fixed and variable drills, game-based play, offensive and defensive tactics.</p> <p>Project: You are a sports nutritionist contracted to develop a new high-protein non-meat based food product for a specific sporting profile.</p> <p>Assessment Format: Presentation/talk, skills assessment.</p> <p>Literacy: Presentation</p> <p>Numeracy:</p> <p>Internationalism/British values:</p>	<p>Fitness Training & Basketball Contents: Principles of fitness training (FITT), components of fitness, fitness testing, training methods to enhance specific components of fitness, fitness planning. Basketball - fixed and variable drills, game-based play, offensive and defensive tactics.</p> <p>Project: You are a sports fitness coach working to improve a client's fitness. You need to ascertain your client's current fitness levels against specific components of fitness and design a programme to improve their fitness.</p> <p>Assessment Format: Written report & skills assessment</p> <p>Literacy: Written report</p> <p>Numeracy: Statistics</p> <p>Internationalism/British values:</p>
Cross Curricular	Science	Science	PSHE, Science, English	Science, English, Design	Maths, Science, English
Lent HT4	<p>Basketball & Archery Contents: Basketball, - History and rules of sport, fixed and variable skills with game-based play, teamwork exercises. Archery, equipment, safety, breathing, target practice and individual/team tournaments.</p> <p>Project: None</p> <p>Assessment Format: Skills challenge to demonstrate techniques learnt.</p> <p>Literacy: Communication - speaking and listening</p> <p>Numeracy: Geometry - angles</p> <p>Internationalism/British values: Respect & Tolerance</p>	<p>Basketball & Archery Contents: Basketball - History and rules of sport, fixed and variable skills with game-based play, defensive and offensive systems, teamwork exercises. Archery, equipment, safety, breathing, target practice and individual/team tournaments.</p> <p>Project: None</p> <p>Assessment Format: Skills challenge to demonstrate techniques learnt.</p> <p>Literacy: Communication - speaking and listening</p> <p>Numeracy: Geometry - angles</p> <p>Internationalism/British values: Respect & Tolerance</p>	<p>Intro to Sports Psychology & Basketball Contents: Visualisation, motivation, coaching and performance, failure as an important part of success - "Falling forward", drugs in sport. Basketball - history of the sport, rules and regulations, fixed and variable drills with game-based play.</p> <p>Project: You are a sports psychologist working with one of your peers. You need to create a basic psychological profile of them, including what motivates them to play sport, personality type, coachability etc...and devise a plan to improve their performance.</p> <p>Assessment Format: Written report and plan. - Basketball - skills challenge.</p> <p>Literacy: Written report</p> <p>Numeracy:</p> <p>Internationalism/British values: Rule of Law</p>	<p>Innovation in Sport & Skiing Contents: How technology has enhanced performance in sport i.e: tactics, equipment, environment, fitness, officiating etc... Advantages and disadvantages of technology on performance in sport, prosthetic limbs and biomechanics, Skiing - adaptation, components of fitness, sustainability, skills acquisition.</p> <p>Project: You are a sports scientist and you have been contracted to develop a new piece of equipment for a high-profile athlete seeking competitive advantage. You need to come up with an initial design explaining why your product is unique and why it will give your client competitive advantage.</p> <p>Assessment Format: Presentation, Q&A and skills assessment.</p> <p>Literacy: Presentation, speaking and listening.</p> <p>Numeracy:</p> <p>Internationalism/British values: Individual Liberty,</p>	<p>Performance Profiling & Skiing Contents: Psychometric tests used in performance profiling, how performance profiling enables competitive advantage, Interpret data to ascertain an individual's psychological strengths and weaknesses. Devise a plan to improve mental capability and enhance performance. Skiing - adaptation, components of fitness, sustainability, skills acquisition.</p> <p>Project: You are a sports psychologist working to improve an athlete's performance. You need to ascertain what the athlete's psychological profile is and design a programme to enhance their mental performance.</p> <p>Assessment Format: Written report & skills assessment</p> <p>Literacy: Written report</p> <p>Numeracy: Statistics</p> <p>Internationalism/British values:</p>
Cross Curricular	Science	Science	Science, PSHE, English	Science, English, Design	Maths, Science, English

Term	MYP1	MYP2	MYP3	MYP4	MYP5
Summer HT5	<p>Swimming & Cricket Contents: Cricket - History and rules of sport, fixed and variable skills with game based play. Swimming - water safety, different strokes, swimming awards, Cricket - history and rules of the game, fixed and vairable drills, game based play, technical and tactical exercises.</p> <p>Project: None</p> <p>Assessment Format: Skills challenge to demonstrate techniques learnt. Literacy: Communication - speaking and listening Numeracy: Geometry - angles Internationalism/British values: Respect & Tolerance</p>	<p>Rounders & Outward Bounds Contents: Rounders - History and rules of sport, fixed and variable skills with game based play, teamwork exercises. Outward bounds - crate staking, tunnelling, archery for beginners, low ropes course, team building games.</p> <p>Project: None</p> <p>Assessment Format: Skills challenge to demonstrate techniques learnt. Literacy: Communication - speaking and listening Numeracy: Geometry - angles Internationalism/British values: Respect & Tolerance</p>	<p>Aesthetic Movement & Uitimate. Frisbee Contents: Basic movement concepts, gross and fine motor skills, key components of fitness, choreography, performance, reflection. Uitimate Frisbee - History and rules of sport, fixed and variable skills with game based play, teamwork, tactic systems.</p> <p>Project: Design, explain and justify a group movement sequence that highlights their understanding of how to create an aesthetic routine that requires balance and refinement. Students will be assessed on their ability to perform both basic and complex movement concepts.</p> <p>Assessment Format: Performance, journal & skills assessment. Literacy: Journal Numeracy: Internationalism/British values: Rule of law</p>	<p>Aesthetic Movement, Rounders & Outdoor leadership Level 2 Contents: Basic and complex movement concepts, gross and fine motor skills, exercise for specific components of fitness, choreography, performance, reflection. Rounders - History and rules of sport, fixed and variable skills with game based play, teamwork, tactic systems. Outdoor Leadership - bushcraft skills, first aid, survival, knot tying, water sources, cooking with fire.</p> <p>Project: Design, explain and justify a group movement sequence that highlights their understanding of how to create an aesthetic routine that requires balance and refinement. Students will be assessed on their ability to perform both basic and complex movement concepts.</p> <p>Assessment Format: Performance, journal & skills assessment. Literacy: Journal Numeracy: Internationalism/British values:</p>	<p>Sport and Racism, Rounders & Outdoor leadership Level 3 Contents: Racial inequality in sport and how it negatively impacts society, key historical sporting events that impacted the world, measures to tackling racial inequality in sport</p> <p>Project: Research one historical sporting event and present your findings to the class. You will need to outline what, if anything has changed since this specific event took place and propose measures to continue tackling racial inequality in sport.</p> <p>Assessment Format: Presentation & skills assessment. Literacy: Presentation Numeracy: Internationalism/British values: Rule of Law, Respect & Tolerance</p>
Cross Curricular			Art	Art	Humanities, PSHE, English
Summer HT6	<p>Aethsteic Movement & Athletics Contents: Basic movement concepts, gross and fine motor skills, key components of fitness, choreography, performance, reflection. Uitimate Athletics - sprint, long distance, long jump etc.</p> <p>Project: Design, explain and justify a group movement sequence that highlights their understanding of how to create an aesthetic routine that requires balance and refinement. Students will be assessed on their ability to perform both basic and complex movement concepts.</p> <p>Assessment Format: Performance, Personal Engagement & Interaction in class and journal Literacy: Journal Numeracy: Internationalism/British values: Individual Liberty,</p>	<p>Aesthetic Movement & Athletics Contents: Basic movement concepts, gross and fine motor skills, key components of fitness, choreography, performance, reflection. Uitimate Athletics - sprint, long distance, long jump etc.</p> <p>Project: Design, explain and justify a group movement sequence that highlights their understanding of how to create an aesthetic routine that requires balance and refinement. Students will be assessed on their ability to perform both basic and complex movement concepts.</p> <p>Assessment Format: Performance, Personal Engagement & Interaction in class and journal Literacy: Journal Numeracy: Internationalism/British values: Individual Liberty,</p>	<p>Rules of the Game, Badminton & Athletics Contents: Rules and regulations in sport, regulatory bodies that govern sports, research rules and regulations for a named sport, how existing rules might be altered and what the impact would be on chosen sport. Athletics - sprint, long distance, long jump etc...</p> <p>Project: You have been commission to review the rules and regulations for a specific sport. You need to select one sport and create a presentation explaining the rules using images, diagrams and text. You also need to include recommendations for a change to these rules and outline how this change might impact the sport.</p> <p>Assessment Format: Presentation and skills challenge. Literacy: Presentation Numeracy: Internationalism/British values: Democracy, Rule of Law</p>	<p>Skills & Coaching, Ultimate Frisbee & Outdoor leadership Level 2 Contents: Closed and open skills, coaching skills, communication, planning and measuring progress. Frisbee - History and rules of sport, fixed and variable skills with game based play, teamwork, tactic systems. Outdoor Leadership - expedition in line with Duke of Edinburgh.</p> <p>Project: You are a coach working with one of your peers to analyse their technique and devise a plan to improve their performance.</p> <p>Assessment Format: Game based assessment, journal and skills challenge. Literacy: Speaking and listening Numeracy: Internationalism/British values: Individual Liberty,</p>	<p>Aesthetic Movement, Uitimate Frisbee & Outdoor leadership Level 3 Contents: Complex movement concepts, gross and fine motor skills, choreography, performance, reflection. Frisbee - History and rules of sport, fixed and variable skills with game based play, teamwork, tactic systems. Outdoor Leadership - expedition in line with Duke of Edinburgh.</p> <p>Project: Design, explain and justify a group movement sequence that highlights their understanding of how to create an aesthetic routine that requires balance and refinement. Students will be assessed on their ability to perform both basic and complex movement concepts.</p> <p>Assessment Format: Game based assessment, journal and skills challenge. Literacy: Speaking and listening Numeracy: Internationalism/British values: Individual Liberty,</p>
Cross Curricular	Art	Art	Science, Humanities, English	English	Art