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| **Year 7** | | | | |
| **w/b** | **In-School Learning** | **Blended Learning** (GCSEPod and YouTube) |  | **Approx. completion time** |
| 7/9 | Induction  Dodgeball | **GCSEPod**  The Main Bones in the Body  <https://members.gcsepod.com/shared/podcasts/title/12486/76782>  Autumn Workbooks – Oasis Habits/Lesson review/Oasis 10 | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | One hour |
| 14/9 | Cross-Country | **GCSEPod**  The Main Bones in the Body  <https://members.gcsepod.com/shared/podcasts/title/12486/76782>  Autumn Workbooks – Oasis Habits/Lesson review/Oasis 10 | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | One hour |
| 21/9 | Bleep Test | **GCSEPod**  How Do Synovial Joints Help to Produce Movement?  <https://members.gcsepod.com/shared/podcasts/title/12486/76782>  Autumn Workbooks – Oasis Habits/Lesson review/Oasis 10 | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | One hour |
| 28/9 | Athletics  Tennis  Striking & Fielding  (Indoor athletics/Virtual sports day) | **GCSEPod**  Main Muscles in the Body –  <https://members.gcsepod.com/shared/podcasts/title/12487/76784>  Autumn Workbooks – Oasis Habits/Lesson review/Oasis 10 | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | One hour |
| 5/10 | Athletics  Tennis  Striking & Fielding  (Indoor athletics/Virtual sports day) | **GCSEPod**  Health-Related Components of Fitness: Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Body Composition and Flexibility -  <https://members.gcsepod.com/shared/podcasts/title/12496/77011>  Autumn Workbooks – Oasis Habits/Lesson review/Oasis 10 | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | One hour |
| 12/10 | Athletics  Tennis  Striking & Fielding  (Indoor athletics/Virtual sports day) | **GCSEPod**  Skill-Related Components of Fitness: Agility, Speed, Power, Reaction Time, Co-ordination and Balance - <https://members.gcsepod.com/shared/podcasts/title/12407/76411>  Autumn Workbooks – Oasis Habits/Lesson review/Oasis 10 | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | One hour |
| 19/10 | Athletics  Tennis  Striking & Fielding  (Indoor athletics/Virtual sports day) | **GCSEPod**  The Principles of Training & Overload –  <https://members.gcsepod.com/shared/podcasts/title/12497/76824>  Autumn Workbooks – Oasis Habits/Lesson review/Oasis 10 | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | One hour |

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| **Year 8 Core** | | | | |
| **w/b** | **In-School Learning** | **Blended Learning** (GCSEPod and YouTube) |  | **Approx. completion time** |
| 7/9 | Induction  Dodgeball | **GCSEPod**  Movement Analysis - <https://members.gcsepod.com/shared/podcasts/title/12406/76405>  Skeletal System - <https://members.gcsepod.com/shared/podcasts/title/12402/76330>  Autumn Workbooks – Oasis Habits/Lesson review/Oasis 10 | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | One hour |
| 14/9 | Cross-Country | **GCSEPod**  Movement Analysis - <https://members.gcsepod.com/shared/podcasts/title/12406/76405>  Skeletal System - <https://members.gcsepod.com/shared/podcasts/title/12402/76330>  Autumn Workbooks – Oasis Habits/Lesson review/Oasis 10 | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | One hour |
| 21/9 | Bleep Test | **GCSEPod**  Movement Analysis - <https://members.gcsepod.com/shared/podcasts/title/12406/76405>  Muscular System - <https://members.gcsepod.com/shared/podcasts/title/12403/76334>  Autumn Workbooks – Oasis Habits/Lesson review/Oasis 10 | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | One hour |
| 28/9 | Athletics  Tennis  Striking & Fielding  (Indoor athletics/Virtual sports day) | **GCSEPod**  Movement Analysis - <https://members.gcsepod.com/shared/podcasts/title/12406/76405>  Muscular System - <https://members.gcsepod.com/shared/podcasts/title/12403/76334>  Autumn Workbooks – Oasis Habits/Lesson review/Oasis 10 | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | One hour |
| 5/10 | Athletics  Tennis  Striking & Fielding  (Indoor athletics/Virtual sports day) | **GCSEPod**  Movement Analysis - <https://members.gcsepod.com/shared/podcasts/title/12406/76405>  Components of Fitness - <https://members.gcsepod.com/shared/podcasts/title/12407/76411>  Autumn Workbooks – Oasis Habits/Lesson review/Oasis 10 | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | One hour |
| 12/10 | Athletics  Tennis  Striking & Fielding  (Indoor athletics/Virtual sports day) | **GCSEPod**  Movement Analysis - <https://members.gcsepod.com/shared/podcasts/title/12406/76405>  Components of Fitness - <https://members.gcsepod.com/shared/podcasts/title/12407/76411>  Autumn Workbooks – Oasis Habits/Lesson review/Oasis 10 | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | One hour |
| 19/10 | Athletics  Tennis  Striking & Fielding  (Indoor athletics/Virtual sports day) | **GCSEPod**  Movement Analysis - <https://members.gcsepod.com/shared/podcasts/title/12406/76405>  Autumn Workbooks – Oasis Habits/Lesson review/Oasis 10 | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | One hour |

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| **Year 9 GCSE PE** | | | | |
| **w/b** | **In-School Learning** | **Blended Learning** (GCSEPod and Oak National Academy) |  | **Approx. completion time** |
| 7/9 | Induction | **GCSEPod**  The Main Bones in the Body - <https://members.gcsepod.com/shared/podcasts/title/12402/76332> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | Two hours |
| 14/9 | Bones  Bleep Test | **GCSEPod**  The Main Bones in the Body - <https://members.gcsepod.com/shared/podcasts/title/12402/76332> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | Two hours |
| 21/9 | Functions of the skeletal system  Components of fitness tests | **GCSEPod**  Structure & Function of the Skeleton - <https://members.gcsepod.com/shared/podcasts/title/12402/76332> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | Two hours |
| 28/9 | Joints  Components of fitness tests | **GCSEPod**  How Do Synovial Joints Help to Produce Movement?- <https://members.gcsepod.com/shared/podcasts/title/12402/76332> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | Two hours |
| 5/10 | Role of Ligaments  Components of fitness tests | **GCSEPod**  The Main Muscles in the Body -  <https://members.gcsepod.com/shared/podcasts/title/12403/76334> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | Two hours |
| 12/10 | Muscles Names/Location  Components of fitness tests | **GCSEPod**  The Main Muscles in the Body -  <https://members.gcsepod.com/shared/podcasts/title/12403/76334> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | Two hours |
| 19/10 | Antagonistic Pairs  Components of fitness tests | **GCSEPod**  Antagonist Muscle Action -  <https://members.gcsepod.com/shared/podcasts/title/12403/76334> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | Two hours |

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| **Year 10 GCSE PE** | | | | |
| **w/b** | **In-School Learning** | **Blended Learning** (GCSEPod and Oak National Academy) |  | **Approx. completion time** |
| 7/9 | Induction | **GCSEPod**  The Main Bones in the Body - <https://members.gcsepod.com/shared/podcasts/title/12402/76332> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout) | Two hours |
| 14/9 | Blood Vessels  Bleep Test | **GCSEPod**  Blodd Vessels in the Body –  <https://members.gcsepod.com/shared/podcasts/title/12404/76407> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout)  Complete Respiratory & cardiovascular workbook questions | Two hours |
| 21/9 | The Pathway of Blood  Athletics | **GCSEPod**  The Structure of the Heart and the Cardiac Cycle–  <https://members.gcsepod.com/shared/podcasts/title/12404/76407> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout)  Complete Respiratory & cardiovascular workbook questions | Two hours |
| 28/9 | The Pathway for Air  Athletics | **GCSEPod**  Structure of the Respiratory System and Gaseous Exchange –  <https://members.gcsepod.com/shared/podcasts/title/12404/76407> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout)  Complete Respiratory & cardiovascular workbook questions | Two hours |
| 5/10 | Mechanics of Breathing  Athletics | **GCSEPod**  Mechanics of Breathing –  <https://members.gcsepod.com/shared/podcasts/title/12404/76407> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout)  Complete Respiratory & cardiovascular workbook questions | Two hours |
| 12/10 | Anaerobic and Aerobic Respiration  Athletics | **GCSEPod**  Anaerobic and Aerobic Exercise –  <https://members.gcsepod.com/shared/podcasts/title/12404/76407> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout)  Complete Respiratory & cardiovascular workbook questions | Two hours |
| 19/10 | Therapy Lesson  Athletics | **GCSEPod**  Cardiovascular & Respiratory System –  <https://members.gcsepod.com/shared/podcasts/title/12404/76407> | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout)  Complete Respiratory & cardiovascular workbook questions | Two hours |

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| **Year 11 GCSE PE** | | | | |
| **w/b** | **In-School Learning** | **Blended Learning** (GCSEPod and Oak National Academy) |  | **Approx. completion time** |
| 7/9 | Induction  Bleep Test | **GCSEPod** | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout)  Athletics/Sports Profile Booklet –Athletics lesson Plans | Two hours |
| 14/9 | Health Fitness & Wellbeing  Athletics | **GCSEPod**  Health Fitness & Wellbeing –  <https://members.gcsepod.com/shared/podcasts/title/12588/77296>  AEP coursework completion | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout)  Athletics/Sports Profile Booklet –Athletics lesson Plans | Two hours |
| 21/9 | Diet & Nutrition  Athletics | **GCSEPod**  Diet –  <https://members.gcsepod.com/shared/podcasts/title/12413/76349>  AEP coursework completion | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout)  Athletics/Sports Profile Booklet –Athletics lesson Plans | Two hours |
| 28/9 | Skeletal System Revision  Athletics | **GCSEPod**  The Skeletal System –  <https://members.gcsepod.com/shared/podcasts/title/12402/76332>  AEP coursework completion | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout)  Athletics/Sports Profile Booklet –Athletics lesson Plans | Two hours |
| 5/10 | Engagement Patterns Revision  Athletics | **GCSEPod**  Engagement Patterns -  <https://members.gcsepod.com/shared/podcasts/title/12587/77291>  <https://members.gcsepod.com/shared/podcasts/title/12410/76346>  AEP coursework completion | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout)  Athletics/Sports Profile Booklet –Athletics lesson Plans | Two hours |
| 12/10 | Muscular System Revision  Athletics | **GCSEPod**  The Muscular System -  <https://members.gcsepod.com/shared/podcasts/title/12403/76334>  AEP coursework completion | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout)  Athletics/Sports Profile Booklet –Athletics lesson Plans | Two hours |
| 19/10 | Commercialisation in sport Revision  Athletics | **GCSEPod**  Commercialisation in Sport –  <https://members.gcsepod.com/shared/podcasts/title/12411/76347>  <https://members.gcsepod.com/shared/podcasts/title/12592/77304>  AEP coursework completion | **Oasis Fitness Video**  <https://www.youtube.com/watch?v=5CI9aXDICtc&t=1221s>  HIIT training routine including core, back exercises.  (20min workout)  Athletics/Sports Profile Booklet –Athletics lesson Plans | Two hours |