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| **Year 7** |
| **w/b** | **In-School Learning** | **Blended Learning** (GCSEPod and YouTube) |  | **Approx. completion time** |
| 7/9 | InductionDodgeball | **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 | AthleticsTennisStriking & 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 | AthleticsTennisStriking & 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 | AthleticsTennisStriking & 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 | AthleticsTennisStriking & 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 | InductionDodgeball | **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 | AthleticsTennisStriking & 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 | AthleticsTennisStriking & 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 | AthleticsTennisStriking & 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 | AthleticsTennisStriking & 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 | BonesBleep 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 systemComponents 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 | JointsComponents 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 LigamentsComponents 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/LocationComponents 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 PairsComponents 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 VesselsBleep 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 BloodAthletics | **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 AirAthletics | **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 BreathingAthletics | **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 RespirationAthletics | **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 LessonAthletics | **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 | InductionBleep 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 & WellbeingAthletics | **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 & NutritionAthletics | **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 RevisionAthletics | **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 RevisionAthletics | **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 RevisionAthletics | **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 RevisionAthletics | **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 |