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| **Year 7** | | | | |
| **w/b** | **In-School Learning** | **Blended Learning** (GCSEPod and YouTube) |  | **Approx. completion time** |
| 9/11 | Bleep Test | **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 |
| 16/11 | Basketball/Netball | **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 |
| 23/11 | Basketball/Netball | **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 |
| 30/11 | Basketball/Netball | **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 |
| 7/12 | Basketball/Netball | **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 |
| 14/12 | Inter-house  Basketball/Netball  Competition | **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 |