

Autumn 1 7 weeks KS3 Fitness		Autumn 2 8 weeks KS3 Boxercise		Spring 1 6 weeks KS4 Basketball	
Skills & Knowledge Students will develop knowledge on the following skills:	Skills & Knowledge Students will develop knowledge on the following skills:	Skills & Knowledge Students will develop knowledge on the following skills:	Skills & Knowledge Students will develop knowledge on the following skills:	Skills & Knowledge Students will develop knowledge on the following skills:	Skills & Knowledge Students will develop knowledge on the following skills:
<ol style="list-style-type: none"> How to warm up and its importance Circuit training – how to set up and organise a circuit Continuous Training and how to test fitness How to conduct fitness tests 	<ol style="list-style-type: none"> How to warm up and its importance Safe use of Pads and gloves Boxing combinations How to combine boxing and fitness to form 'Boxercise' 	<ol style="list-style-type: none"> How to warm up and its importance Safe use of Pads and gloves Boxing combinations How to combine boxing and fitness to form 'Boxercise' 	<ol style="list-style-type: none"> Chest, Bounce and Shoulder pass How to dribble Shooting technique How to start/restart Attacking movement Defensive play 	<ol style="list-style-type: none"> Chest, Bounce and Shoulder pass How to dribble Shooting technique How to start/restart Attacking movement Defensive play 	<ol style="list-style-type: none"> How to warm up and its importance Circuit training – how to set up and organise a circuit Continuous Training and how to test fitness How to conduct fitness tests
Learn good technique on these skills: <ul style="list-style-type: none"> Squat Press up Abdominal curl (sit up) Burpees School gym induction.	Learn good technique on these skills: <ul style="list-style-type: none"> Holding pads safely Jabs Hooks Uppercuts How to use the boxing bag Continued fitness work.	Learn good technique on these skills: <ul style="list-style-type: none"> Holding pads safely Jabs Hooks Uppercuts How to use the boxing bag Continued fitness work.	Rules that students will learn: <ul style="list-style-type: none"> Travelling Double Dribble Back Court Contact 	Rules that students will learn: <ul style="list-style-type: none"> Travelling Double Dribble Back Court Contact 	Learn good technique on these skills: <ul style="list-style-type: none"> Squat Press up Abdominal curl (sit up) Burpees School gym induction.

