



Long Term Planning – Health, Physical Education and Recreation

Year	Term 1A	Term 1B	Term 2A	Term 2B	Term 3A	Term 3B
Year 7	Fitness Skill Development	Volleyball Skill Development	Athletics Skill Development	Badminton Skill Development	Netball Skill Development	Summer Games Skill Development
	Endurance testing, Circuit training, MFST, Games, Obstacle course	Dig, Volley, Service, Spike, Tip, Game	Long jump, High jump, Throws, Sprints, Long distance, Competition	Service, Overhead clear, Net and drop shot, Singles, Doubles	Passing and movement, Positions, Shooting, Defending, Tactics, Games	Capture the flag, Long ball, Cricket, Tennis, Rounders, Softball
Year 8	Fitness Skill Progression	Volleyball Skill Progression	Athletics Skill Progression	Badminton Skill Progression	Netball Skill Progression	Summer Games Skill Progression
	Endurance testing, Circuit training, MFST, Games, Obstacle course	Dig, Volley, Service, Spike, Tip, Game	Long jump, High jump, Throws, Sprints, Long distance, Competition	Service, Overhead clear, Net and drop shot, Singles, Doubles	Passing and movement, Positions, Shooting, Defending, Tactics, Games	Capture the flag, Long ball, Cricket, Tennis, Rounders, Softball
Year 9	Fitness Skill Application	Volleyball Skill Application	Athletics Skill Application	Badminton Skill Application	Netball Skill Application	Summer Games Skill Application
	Endurance testing, Circuit training, MFST, Games, Obstacle course	Dig, Volley, Service, Spike, Tip, Game	Long jump, High jump, Throws, Sprints, Long distance, Competition	Service, Overhead clear, Net and drop shot, Singles, Doubles	Passing and movement, Positions, Shooting, Defending, Tactics, Games	Capture the flag, Long ball, Cricket, Tennis, Rounders, Softball
Additional Notes:						



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Year	Term 1A	Term 1B	Term 2A	Term 2B	Term 3A	Term 3B
Year 10	Health, Fitness & Wellbeing	Fitness	Anatomy & Physiology	Skill Acquisition	Skill Acquisition and guidance	Social, Cultural & Ethical Influences
	Relationship between health and fitness, Diet and energy sources	Components of fitness, Test protocols	Skeleton, Joints, Muscles, Respiratory System, Circulatory System	Skill and ability, Skilled performance, Information Processing Model	Stages of Learning, Feedback, Guidance, Goal Setting	Leisure & recreation, Professional or Amateur, Sports development, Global
Year 11	Anatomy and Physiology	Health, Fitness and Wellbeing	Skill Acquisition	Social, Cultural & Ethical Influences		
	Biomechanics, Aerobic & Anaerobic, Recovery, Short and long-term effects	V02Max, Methods, Principals, High altitude training, Warm up and down	Feedback, Anxiety, Guidance, Relaxation, Motivation, Goals, Personality types	Sponsorship, Media, Technology, participation, PEDS & Blood Doping, Injuries		
Extras						
Additional Notes:						