Unit Title	Periods	Learning Challenge	Learning Journey	Learning Consolidation
		What will students	What knowledge and	What prior learning will
		produce at the end of a	subject specific skills will	students consolidate
		unit to demonstrate	students learn in order to	using spaced retrieval
		their learning?	complete the Learning	and spaced practice?
		_	Challenge?	
Classroom to 5k	8	Students will be able	Students will take on 8	Students will be
		to jog without	difference sessions to	encouraged to repeat
		stopping for 30	build up their	the session in their own
		minutes (at their own	cardiovascular	time either once or
		jogging pace)	endurance in order to be	twice in that same
			able to jog for 30	week.
			minutes without	This is to enable our
			stopping or walking.	target to be hit with
			The sessions will be set	more ease.
			out as follows:	
			Week 1 – Run 2mins,	
			walk 5 mins x 5 =	
			35mins	
			Week 2 – Run 3 mins,	
			walk 3 mins x 5 =30	
			mins	
			Week 3 – Run 5 mins,	
			walk 2.5 mins x 4 = 30	
			mins	
			Week 4 – Run 7 mins,	
			walk 3 mins x 3 = 30	
			mins	
			Week 5 – Run 8 mins,	
			walk 2 mins x 3 = 30	
			mins	
			Week 6 – Run 9 mins,	
			walk 2mins x 3 = 30	
			mins	
			Week 7 – Run 13 mins,	
			walk 2 mins x 2 = 30	
			mins	
			Week 8 – Run 30 mins	
			During each sessions the	
			students will be doing	
			an appropriate warm up	
			and cool down.	
What is PE/	1	Students will be able	Students will explore the	Students will be
health/ fitness		to understand the	theory side to Physical	encouraged to Reflect
		reasons why PE and	Education and how	on practical lessons,
		health related fitness is	healthy lifestyles can	eating habits and
		important for everyday	have a greater impact	lifestyles.
		activity.	to the life expectation.	
Barriers to sport	1	How can you show in	Students will explore the	Students will use their
		your PPT the barriers	barriers that	knowledge from
		that	athletes have to face,	practical lessons, their
		athletes have to face,	the keywords linked to	PSHE lessons in
		and how they	the barriers, what can	understanding some of
		can overcome them?	we do to break down	the barriers that

Careers in sport Careers in sport I Students will be able to explore different avenues/careers that can lead from taking a PE qualification at GCSE and or A Level. Nutrition in sport I How can you show in your performants as well as linking them to sporting examples Energy drinks I How can you show in your debate the benefits of sports drinks when they are used in the right way and why they should or shouldn't be allowed in school? Energy drinks I How can you show in your debate the benefits of sports drinks when they are used in the right way and why they should or shouldr't be allowed in school? Energy drinks I Students will be able to identify different sporting injuries and treatments as well as linking them to sporting examples Energy drinks I How can you show in your debate the benefits of sports drinks when they are used in the right way and why they should or shouldn't be allowed in school? Energy drinks I How can you show in your debate the benefits of sports drinks when they are used in the right way and why they should or shouldn't be allowed in school? Energy drinks I How can you show in your debate the benefits of sports drinks when they are used in the right way and why they should or shouldn't be allowed in school? Energy drinks I How can you show in your debate the benefits of sports drinks when they are used in the right way and why they should or shouldn't be allowed in school? Energy drinks I How can you show in your debate the benefits of sports drinks when they are used in the right way and why they should or shouldn't be allowed in school? Energy drinks I How can you show in your debate the benefits of sports drinks. I How can you show in your debate the benefits of sports drinks when they are used in the right way and why they should or shouldn't be allowed in school? Energy drinks I How can you show in your debate the benefits of sports drinks when they are used in the right way now they can death way they should or shouldn't be allowed in school?		1	T	46 6 : 3 -	
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water and answer some					
extension questions					
regarding the				-	

			effectiveness of energy drinks.	
Motivation in sport	1	Students will be able to understand how motivation effects participation in physical activity	Students will explore why are people motivated to take part in physical activity? They will describe what motivation looks like to them in the form of quotes and pictures, explore the impact of motivation on performance, look at the different areas that motivation can impact and to reflect on outside of sport how can motivation play a big part within everyday life style?	Students will draw upon their own experiences of what motivation is, how they are motivated themselves, what can increase that motivation. This could come from retrieval in other subjects such as Psychology, PSHE and practical lessons too.