

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

			<i>these barriers? To research athletes (case studies) and to identify some of their barriers.</i>	<i>people will face and draw upon their own experiences of any barriers they might have had to overcome.</i>
<i>Careers in sport</i>	1	<i>Students will be able to explore different avenues/careers that can lead from taking a PE qualification at GCSE and or A Level.</i>	<i>Students will take part in matching up pathways to careers, use leadership activities to highlight their own ability in career options</i>	<i>Students will use leadership skill from practical lessons to explore how they can be used or adapted into a career skill.</i>
<i>Nutrition in sport</i>	1	<i>How can you show in your PPT the differences between people's diets and your understanding of macro and micro nutrients?</i>	<i>Students will explore true and false questions on macro and micro-nutrients, discuss what healthy eating looks like, think about what positive lifestyle changes we can make and why are they important and research the differences between people's diets and finally read and answer questions around the new government obesity strategy.</i>	<i>Students will use their knowledge from technology catering lessons, PSHE tutor sessions, practical PE lessons, where discussions around healthy diets will have taken place.</i>
<i>Sports Injury's</i>	1	<i>Students will be able to identify different sporting injuries and treatments as well as linking them to sporting examples</i>	<i>Students will take part in identifying different sporting injuries linking them to a sporting example and how to treat the injury, this will be done through watching injury videos, question and answering and matching statements to keywords.</i>	<i>Students will be encouraged to use own experience of injuries either themselves or others</i>
<i>Energy drinks</i>	1	<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?</i>	<i>Students will explore different types of sports drinks, research key information about the benefits of sports drinks, prepare and represent in a debate (when they return) and discuss/research the pros and cons of using sports drinks over pure water and answer some extension questions regarding the</i>	<i>Students will use their previous knowledge from practical lessons about the effectiveness of energy drinks.</i>

			<i>effectiveness of energy drinks.</i>	
<i>Motivation in sport</i>	1	<i>Students will be able to understand how motivation effects participation in physical activity</i>	<i>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?</i>	<i>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.</i>