



	Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance	Implementing fitness knowledge into different forms of fitness. Use of choreography to improve performance	Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance	Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance	Implementing fitness knowledge into different forms of fitness	Implementing fitness knowledge into different forms of fitness
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Year 11 LTP

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit covered	P1 - Athletics/Invasion games P2 - Invasion Games/Individual games P3 - Fitness	Choices from Games activities, aesthetic activities, fitness activities.	Choices from Games activities, aesthetic activities, fitness activities.	Choices from Games activities, aesthetic activities, fitness activities.	Choices from Games activities, aesthetic activities, fitness activities.	Choices from Games activities, aesthetic activities, fitness activities.
Focus	P1 -Use and develop a variety of tactics to overcome opponents. Develop technique to improve in athletic activities. P2 - Use of tactics and strategies in invasion games and individual games. P3 - Developing personal fitness using alternative fitness activities. Evaluation of personal performance.	To develop skills, tactics and knowledge including choreography and fitness in an area of choice. Evaluation of personal performance.	To develop skills, tactics and knowledge including choreography and fitness in an area of choice. Evaluation of personal performance.	To develop skills, tactics and knowledge including choreography and fitness in an area of choice. Evaluation of personal performance.	To develop skills, tactics and knowledge including choreography and fitness in an area of choice. Evaluation of personal performance.	To develop skills, tactics and knowledge including choreography and fitness in an area of choice. Evaluation of personal performance.
Interleaving	Developing tactics /strategies across different games. Implementing fitness knowledge into different forms of fitness. Develop technique to improve in athletic activities.	Developing tactics /strategies across different games. Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance	Developing tactics /strategies across different games. Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance	Developing tactics /strategies across different games. Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance	Developing tactics /strategies across different games. Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance	Developing tactics /strategies across different games. Implementing fitness knowledge into different forms of fitness Use of choreography to improve performance