**PE Scheme of work 2017 - 2018 – Respite**

**Term 2: Jan - Mar**

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| **Week** | **Activity** | **Homework** |
| **Week 1 - Week commencing** 1/1/18 | **Warm Up & Cool Downs** | **Warm Up & Cool Downs (page 78)** |
| **Week 2 - Week commencing** 8/1/18 | **Health & Fitness part 1** | Fitness Health & Performance (page 31) |
| **Week 3 - Week commencing 1**15/1/18 | **Health & Fitness Part 2** | Fitness Health & Performance (page 32) |
| **Week 4 - Week commencing** 22/1/18 | **Training Thresholds** | **Training Thresholds (page 51)** |
| **Week 5 - Week commencing** 29/1/18 | **Fitness Testing – Power & Speed** | Power & Speed (page 37) |
| **Week 6 - Week commencing** 5/2/18 | **Fitness Testing – Flexibility** | Flexibility (page 35) |
| **Week 7 - Week commencing** 19/2/18 | **Fitness Testing –Reaction Time** | Reaction Time (page 36)  |
| **Week 8 - Week commencing** 26/2/18 | **Fitness Testing –Cardiovascular Fitness** | **Cardiovascular Fitness (page 33)** |
| **Week 9 - Week commencing** 5/3/18 | **Methods of training part 1 continuous, Fartlek**  | **continuous, Fartlek (page 52, 53)** |
| **Week 10 - Week commencing** 12/3/18 | **Methods of training part 2 Circuit, Interval** | **Circuit, Interval (page 54, 55)** |
| **Week 11 - Week commencing** 19/3/18 | **Methods of training part 3 Plyometric, Weight/resistance** | **Plyometric, Weight/resistance (page 56, 57)** |
| **Week 12 - Week commencing** 26/3/18 | **Balanced diets - Nutrients Macro & Micro** | **Balanced diets (page 90)** **Macronutrients (page 91)** |