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

**Term 2: Jan - Mar**

|  |  |  |
| --- | --- | --- |
| **Week** | **Activity** | **Homework** |
| **Week 1 - Week commencing** 16/4/18 | **Warm Up & Cool Downs** | **Warm Up & Cool Downs (page 78)** |
| **Week 2 - Week commencing** 23/4/18 | **Health & Fitness part 1** | Fitness Health & Performance (page 31) |
| **Week 3 - Week commencing** 30/4/18 | **Health & Fitness Part 2** | Fitness Health & Performance (page 32) |
| **Week 4 - Week commencing** 07/5/18 | **Training Thresholds** | **Training Thresholds (page 51)** |
| **Week 5 - Week commencing** 14/5/18 | **Fitness Testing – Power & Speed** | Power & Speed (page 37) |
| **Week 6 - Week commencing** 21/5/18 | **Fitness Testing – Flexibility** | Flexibility (page 35) |
| **Week 7 - Week commencing** 04/6/18 | **Fitness Testing –Reaction Time** | Reaction Time (page 36) |
| **Week 8 - Week commencing** 11/6/18 | **Fitness Testing –Cardiovascular Fitness** | **Cardiovascular Fitness (page 33)** |
| **Week 9 - Week commencing** 18/6/18 | **Methods of training part 1 continuous, Fartlek** | **continuous, Fartlek (page 52, 53)** |
| **Week 10 - Week commencing** 25/6/18 | **Methods of training part 2 Circuit, Interval** | **Circuit, Interval (page 54, 55)** |
| **Week 11 - Week commencing** 02/7/18 | **Methods of training part 3 Plyometric, Weight/resistance** | **Plyometric, Weight/resistance (page 56, 57)** |
| **Week 12 - Week commencing** 09/7/18 | Balanced diets - Nutrients (Macro) | **Balanced diets (page 90)**  **Macronutrients (page 91)** |
| **Week 13 - Week commencing** 16/7/18 | **Balanced diets – Nutrients (Micro)** | **Balanced diets (page 90)**  **Micronutrients (page 92)** |

**Practical Element**

|  |  |  |
| --- | --- | --- |
| **Week 1** | **Introduction – Table Tennis** | Table tennis fact sheet and questions |
| **Week 2** | **Forehand** | Table tennis – Forehand shots  Practicing forehand strokes |
| **Week 3** | **Backhand** | Table tennis –Backhand shots  Practicing backhand strokes |
| **Week 4** | **Incorporating Spin** | Table tennis –Backhand shots Practicing backhand strokes |
| **Week 5** | **Table Tennis - Doubles** | Practice working with partners  Table tennis worksheet on doubles |
| **Week 6** | **Table Tennis – Doubles (Tournament)** | Self-Assessment / Peer-Assessment table tennis |