



	" 56 57#! at )S8,	t me and pract ce. ! o develop kno\$ledge of skills in di/erent individual tness tests and develop understanding of ho\$ improvements can be made. +0ink to " 56 57#! at )S8,	to " 56 57#! at )S8,			+0ink to " 56 57#! at )S8,
9	! o prepare students \$ith key terminology and kno\$ledge of concepts in prepara tion for progression 9orm a basis of ini tal assessment from )S: transi tion	! o develop pupil;s overall tness levels, encourage 0' #< #ssessment of s\$imming ability +con tnuat ion of )S: ,	! o prepare students \$ith key terminology and kno\$ledge of concepts in prepara tion for progression 9orm a basis of ini tal assessment from )S: transi tion	" pportunity for pupils to develop resilience and team\$ork through challenges. 5ommunica tion and leadership skills developed.	' upils develop their crea tivity. -et out of their comfort =one and develop con dence \$hen analysing performance. 2e able to perform at their maximum levels. .	! o prepare students \$ith key terminology and kno\$ledge of concepts in prepara tion for progression
5 7	<b>Skills 2uilder key focus&gt;</b>  Speaking and listening. 5ommunica tion  ' roblem Solving 3den t fying \$eakness in opposi tion, devising tact cs and strategies. 5rea tivity.  Staying posi tive #iming <igh 6esponding to setbacks 0earning from ? istakes  0eadership 0eading others, small group \$arm ups and	<b>Skills 2uilder key focus&gt;</b>  Speaking and listening. 5ommunica tion  ' roblem Solving 3den t fying \$eakness in opposi tion, devising tact cs and strategies. 5rea tivity.  Staying posi tive #iming <igh 6esponding to setbacks 0earning from ? istakes	<b>Skills 2uilder key focus&gt;</b>  Speaking and listening. 5ommunica tion  ' roblem Solving 3den t fying \$eakness in opposi tion, devising tact cs and strategies. 5rea tivity.  Staying posi tive #iming <igh 6esponding to setbacks 0earning from ? istakes  0eadership 0eading others, small group \$arm ups and	<b>Skills 2uilder key focus&gt;</b>  Speaking and listening. 5ommunica tion  ' roblem Solving 3den t fying \$eakness in opposi tion, devising tact cs and strategies. 5rea tivity.  Staying posi tive #iming <igh 6esponding to setbacks 0earning from ? istakes	<b>Skills 2uilder key focus&gt;</b>  Speaking and listening. 5ommunica tion  ' roblem Solving 3den t fying \$eakness in opposi tion, devising tact cs and strategies. 5rea tivity.  Staying posi tive #iming <igh 6esponding to setbacks 0earning from ? istakes	<b>Skills 2uilder key focus&gt;</b>  Speaking and listening. 5ommunica tion  ' roblem Solving 3den t fying \$eakness in opposi tion, devising tact cs and strategies. 5rea tivity.  Staying posi tive #iming <igh 6esponding to setbacks 0earning from ? istakes

	activities	Leadership Leading others, small group \$arm ups and activities	activities	Leadership Leading others, small group \$arm ups and activities	Leadership Leading others, small group \$arm ups and activities	Leadership Leading others, small group \$arm ups and activities
	2#S35 *7D 1&2 on lead					