" #	!		!		!	
( #	\$! \$! \$ \$	\$! \$! \$! \$!	\$ \$ \$ \$	\$ \$ % \$ \$ '	\$ & \$ ' \$ \$ '	\$ & \$ % \$ ' \$ %
\$	\$ \$ !+# , -	\$! \$./	\$! \$ +# , -	\$ \$  %+#	\$ %     \$ !       '+     / 1	\$ ' \$ & &+# , -
		0 12	3	4 /	*	5
		T		T		T

	"56 57#! at )\$8,	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 )\$8,	to " 56 57#! at )\$8,			+0ink to " 56 57#! at )\$8,
9 ,	! o prepare students \$ith key terminology and kno\$ledge of concepts in preparat on for progression 9orm a basis of inital assessment from )S: transit on	! o develop pupil;s overall tness levels, encourage 0' #< #ssessment of s\$imming ability +contnuaton of )S:,	! o prepare students \$ith key terminology and kno\$ledge of concepts in preparaton for progression 9orm a basis of inital assessment from )S: transiton	" pportunity for pupils to develop resilience and team\$ork through challenges. 5ommunica t on and leadership skills developed.	' upils develop their creatvity 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 preparation for progression
5 7	Skills 2uilder key focus>	Skills 2uilder key focus>	Skills 2uilder key focus>	Skills 2uilder key focus>	Skills 2uilder key focus>	Skills 2uilder key focus>
	Speaking and listening.		Speaking and listening.			
	5ommunica t on	Speaking and listening. 5ommunicaton	5ommunicat on	Speaking and listening. 5 ommunicat on	Speaking and listening. 5ommunicaton	Speaking and listening.
	' roblem Solving		' roblem Solving			5ommunicat on
	3dentfying \$eakness in	' roblem Solving	3dentfying \$eakness in	' roblem Solving	' roblem Solving	
	opposit on, devising	3dentfying \$eakness	oppositon, devising	3dentfying \$eakness	3dentfying \$eakness	' roblem Solving
	tactcs and strategies.	in opposition, devising	tact cs and strategies.	in opposition, devising	in opposition, devising	3dentfying \$eakness
	5reat vity.	tact cs and strategies.	5reat vity.	tact cs and strategies.	tact cs and strategies.	in opposition, devising
	01	5reat vity.	0(	5reat vity.	5reat vity.	tact cs and strategies.
	Staying positive	Staving positive	Staying positive	Staving positive	Staving positive	5reat vity.
	#iming <igh 6esponding="" setbacks<="" td="" to=""><td>Staying posit ve #iming &lt; igh</td><td>#iming <igh 6esponding="" setbacks<="" td="" to=""><td>Staying positive</td><td>Staying positve #iming <igh< td=""><td>Staying posit ve</td></igh<></td></igh></td></igh>	Staying posit ve #iming < igh	#iming <igh 6esponding="" setbacks<="" td="" to=""><td>Staying positive</td><td>Staying positve #iming <igh< td=""><td>Staying posit ve</td></igh<></td></igh>	Staying positive	Staying positve #iming <igh< td=""><td>Staying posit ve</td></igh<>	Staying posit ve
	0earning from ? istakes	6esponding to	0earning from ? istakes	#iming <igh 6esponding="" td="" to<=""><td>6esponding to</td><td>#iming <igh< td=""></igh<></td></igh>	6esponding to	#iming <igh< td=""></igh<>
	ocarring from : istakes	setbacks	Joanning Hom : Istakes	setbacks	setbacks	6esponding to
	0eadership	0earning from	0eadership	0earning from	0earning from	setbacks
	0eading others, small	?istakes	0eading others, small	?istakes	?istakes	0earning from
	group \$arm ups and		group \$arm ups and			?istakes

actvite	0eadership 0eading others, small group \$arm ups and act vites	actvites	0eadership 0eading others, small group \$arm ups and actvites	0eadership 0eading others, small group \$arm ups and actvites	0eadership 0eading others, smal group \$arm ups and act vites
2#\$35 *	7D ±â,88e-ònóeaaddi				40111100