

Curriculum Map – Alternative curriculum – Sport, Exercise and Health

	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Y9	Topic Title: Healthy living	Topic Title: Communication	Topic Title: Hygiene	Topic Title: Teamwork	Topic Title: Working towards goals	Topic Title: Practical sports
	Big questions: <ul style="list-style-type: none"> <input type="checkbox"/> What is a healthy lifestyle? <input type="checkbox"/> How does the 'Eatwell plate' affect our diet? <input type="checkbox"/> What are the different activities we can do to stay healthy and lead a healthy lifestyle. <input type="checkbox"/> How can I use my knowledge of the 'Eatwell plate' sections to design a healthy meal? 	Big questions: <ul style="list-style-type: none"> <input type="checkbox"/> What is Communication and its different types? <input type="checkbox"/> How do we use communication in everyday life e.g. at school or at home. <input type="checkbox"/> Can we communicate effectively using just one type of communication? <input type="checkbox"/> How can we change the way we communicate if the other person cannot understand us? 	Big questions: <ul style="list-style-type: none"> <input type="checkbox"/> Why is hygiene important? <input type="checkbox"/> What are the potential risks of having poor hygiene? <input type="checkbox"/> How can I make sure I keep myself clean? 	Big questions: <ul style="list-style-type: none"> <input type="checkbox"/> How can I work well as part of a team? <input type="checkbox"/> What does effective teamwork look like? <input type="checkbox"/> Can certain tasks be completed quicker and more effectively as part of a team? 	Big questions: <ul style="list-style-type: none"> <input type="checkbox"/> What are the different types of goal and how can that help me achieve them? <input type="checkbox"/> How do I know I'm setting an achievable goal? <ul style="list-style-type: none"> <input type="checkbox"/> How can I show I'm achieving the goals I've set? 	Big questions: <ul style="list-style-type: none"> <input type="checkbox"/> Why is playing sport important at a young age? <input type="checkbox"/> How can I learn through practical sports? <ul style="list-style-type: none"> <input type="checkbox"/> Does playing sport help me understand different concepts easier?

Curriculum Map – Alternative curriculum – Sport, Exercise and Health

	<p>Assessment:</p> <p>Rollover: CFU – Retrieval Qs – What does being healthy mean to you?</p> <p>CFU – Test Qs – List as many things you can think of that constitute a healthy life. Activities and food etc.</p> <p>CFU – Retrieval Qs – What are the sections of the ‘Eatwell plate’?</p> <p>CFU – Test Qs – Describe what Carbohydrates, proteins, dairy, fruits & vegetables and oils and spread are with examples.</p> <p>Aut 1: CFU – Retrieval / Inference – Make a list of activities you can do to stay healthy.</p>	<p>Assessment:</p> <p>CFU – Questions – How many different types of communication are there and what are they?</p> <p>Application of skills – Design a poster of the types of communication with a definition for each.</p> <p>CFU – Practical demonstration – Using just verbal communication can you get a partner to copy and draw what you are saying without looking at each other?</p> <p>Application of skills – In pairs stand back-to-back with a mini whiteboard in hand. One will say to draw something on the whiteboard for example “draw a small triangle in the top right corner.” Both will draw what’s</p>	<p>Assessment:</p> <p>CFU – Questions – What does hygiene mean to you?</p> <p>CFU – Questions – What are the risk to having poor hygiene?</p> <p>CFU – Questions – What can I do to make sure I have good hygiene?</p> <p>Application of skills – PowerPoint presentation – Make a PowerPoint presentation defining what hygiene is and what can be done to stay clean and what can be the dangers of having poor hygiene. This can be done in pairs so long as both work on the PowerPoint if not they will be completing it on their own.</p>	<p>Assessment:</p> <p>CFU – Practical demonstration – in small groups you must get from one side of the gym to the other without touching the floor using only two mats. If anyone on the team touches the floor they must go back to the start – first team across wins.</p> <p>CFU - Explanation – Explain what teamwork is and why it is important we use teamwork in order to compete certain tasks and if we didn’t have good teamwork how can that effect the task being completed.</p> <p>Application of skills – Practical assessment – In small groups they must design and build a bridge between two desks and it must be</p>	<p>Assessment:</p> <p>CFU – Questions – What are short, medium and long term goal?</p> <p>CFU – Knowledge – Demonstrating they understand that some goals take longer to achieve than others and that they must stick with it in order to achieve them</p> <p>Application of skills – Keep a diary or log of how they are going to achieve this goal and with steps on what they are doing to achieve it.</p>	<p>Assessment:</p> <p>CFU – Questions – Why is playing sport important at a young age?</p> <p>CFU – How can playing sport have an impact on everyday life?</p> <p>Application of skills – Practical – Play a variety of different sports including rounders, stoolball etc.</p> <p>Application of skills – Knowing the rules of different sports and following them to play the game properly and fairly.</p>
--	---	--	--	---	--	--

Curriculum Map – Alternative curriculum – Sport, Exercise and Health

<p>CFU – Retrieval / Inference – Define what a Carbohydrate is with examples of where to find it in food.</p> <p>CFU – Retrieval / Inference – Define what Proteins are with examples of where to find them in food.</p> <p>CFU – Retrieval / Inference – Define what Fruits & Vegetables are and where to find them in food.</p> <p>CFU – Retrieval / Inference – Define what dairy is with examples and where to find it in food.</p> <p>CFU – Retrieval / Inference – Define what Oils & Spreads are with examples of where to find them in food.</p>	<p>been said then at the end they will compare and see how similar each whiteboard is.</p>		<p>strong enough to hold weight up to 1Kg. there must be a design of the bridge before it is built.</p>		
--	--	--	---	--	--

Curriculum Map – Alternative curriculum – Sport, Exercise and Health

	<p>Application of skill – Design a one week meal plan with a variety of different healthy meals showing an understanding of what has been learnt.</p>					
--	---	--	--	--	--	--