

## Unit of Work

Title: HRE (Skill Related Components)

Year: 9

Length of unit: 8 x 60 min lessons

Lesson	Objectives	Possible Activities
1	<ul style="list-style-type: none"> <li>Develop warm up and cool down ideas specific to skill components of fitness</li> </ul>	Dynamic / Static stretching SAQ circuit Introduce Testing (see lesson 2)
2	<ul style="list-style-type: none"> <li>To develop an understanding and experience Skill related testing</li> </ul>	Illinois agility test; Ruler drop; Stork test; 40m sprint; sergeant jump; Standing broad jump; reaction balls; juggling
3	<ul style="list-style-type: none"> <li>Develop understanding of methods of training <b>Speed</b>. Differentiate between body / limb</li> </ul>	Interval training; levers; ladders; sprint start; hollow sprints; acceleration sprints
4	<ul style="list-style-type: none"> <li>Develop understanding of methods of training <b>Agility</b></li> </ul>	Dodging; Tag rugby; SAQ circuit
5	<ul style="list-style-type: none"> <li>Develop understanding of methods of training <b>Balance</b>. Differentiate between static and dynamic.</li> </ul>	Balance beam; hands; feet; swiss ball; gymnastic / yoga exercises
6	<ul style="list-style-type: none"> <li>Develop understanding of methods of training <b>Co-ordination and reaction time</b></li> </ul>	Sports related activities – dummy/fake. 1v1's (back to back etc.). Juggling; 2 ball dribble; keepy ups
7	<ul style="list-style-type: none"> <li>Develop understanding of methods of training - <b>Plyometrics</b></li> </ul>	Plyometric circuit
8	<ul style="list-style-type: none"> <li>To plan, perform and evaluate a practice that incorporates the above SRF components</li> <li>Experience each others where possible</li> </ul>	2 v 2; stand on 1 leg (1v1); throw catch; throw clap