







Wightwick Hall School

Healthy Living and Fitness Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b>	<p><b>Theory:</b> Working as part as a group.</p>  <p><b>Practical:</b> Competitive games.</p>			<p><b>Theory:</b> Team Competitive Activities.</p>  <p><b>Practical:</b> Competitive team games.</p>		
<b>Year 2</b>	<p><b>Theory:</b> Making the Most of Leisure Time / Choices and Decisions.</p>  <p><b>Practical:</b> Fitness suite, leisure games.</p>			<p><b>Theory:</b> Healthy Living.</p>  <p><b>Practical:</b> Different aspects of fitness.</p>		

<b>Year 3</b>	<p><b>Theory:</b> Individual or Partner Activities.</p>  <p><b>Practical:</b> Competitive individual games.</p>	<p><b>Theory:</b> Working Towards Goals.</p>  <p><b>Practical:</b> Alternative sports.</p>