







Two Rivers High School
Health and Fitness Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2022-2023	<p>Theory: Healthy Living.</p>  <p>Practical: Components of Fitness & Testing.</p>	<p>Theory: Health and Hygiene.</p>  <p>Practical: Competitive Team Games.</p>	<p>Theory: Making the Most of Leisure Time / Choices and Decisions.</p>  <p>Practical: Rebound, Yoga & Meditation.</p>			
2023-2024	<p>Theory: Working as part as a group.</p>  <p>Practical: Competitive Team Games.</p>	<p>Theory: Food and Health.</p>  <p>Practical: Rebound, Yoga & Meditation.</p>	<p>Theory: Working Towards Goals.</p>  <p>Practical: Components of Fitness & Testing.</p>			