

HT1 (1 st September – 23 rd October 2020 (8 weeks))								OCTOBER HALF TERM HOLIDAY	HT2	
Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	LC1 Wk8		Wk9	
Unit 1: Physical Components	Skill Components	Exercise Intensity	Basic Principles of Training	Additional principles of Training	Aerobic Endurance Training	Aerobic Endurance Training	Strength Training		Strength Training	
Methods of Training to be taught practically and recapped within the theory lessons							Assessment	Speed Training		
HT2 (2 nd November – 18 th December 2020 (7 weeks))						CHRISTMAS HOLIDAY		HT3		
Wk10	Wk11	Wk12	Wk13	Wk14	Wk15			Wk16		Wk17
Flexibility Training	Body Comp Fitness Tests	AE Fitness Tests	Power, Strength and Flexibility Tests	Exam Week	Double Practical			Unit 2: Rules Regs Scoring of Sport 1		Application of Rules Sport 1
Fitness Testing Importance	ME Fitness Tests	Speed and Agility Fitness Tests	Revision			Basic Skills Sport 1		Conditioned Practices and Video Sport 1		
HT3 (4 th January – 12 th February 2021 (6 weeks))				FEBRUARY HALF TERM HOLIDAY	HT4 (22 nd February – 26 th March 2021 (5 weeks))					
Wk18	LC2 Wk19	Wk20	Wk21		Wk22	Wk23	Wk24	Wk25	Wk26	
Role of Official Sport 1	Responsibility of Official Sport 1	Rules Regs Scoring of Sport 2	Application of Rules Sport 2		Role of Official Sport 2	Responsibility of Official Sport 2	Distinction Task/ Catch Up	Distinction Task/ Catch Up	LAB: Components of Fitness Sport 1	
Application of Tactics Sport 1	Application of Tactics Video Sport 1	Competition Practice Sport 1	Competition Video Sport 1		Basic Skills Sport 2	Conditioned Practices and Video Sport 2	Application of Tactics Sport 2	Application of Tactics Video Sport 2	Competition Practice Sport 2	
EASTER HOLIDAY		HT5 (12 th April – 28 th May 2021 (7 weeks))						SPRING BANK HALF TERM HOLIDAY		
		Wk27	Wk28	Wk29	Wk30	Wk31	Wk32			LC1 Wk33
		Components of Fitness Sport 2	Techniques and Skills Sport 1	Techniques and Skills Sport 2	Tactical Demands Sport 1	Tactical Demands Sport 2	Checklists			Review of Performance Sport 1
	Competition Video Sport 2	Catch Up Video Footage					Checklist Sport 1			
HT6 (7 th June – 16 th July 2021 (6 weeks))						What does this year contribute towards? How does this year deliver the curriculum intent?				
Wk34	Wk35	Wk36	Wk37	Wk38	Wk39	Theory Lesson Practical Lesson Assessment 				
Recommendations	Justification Sport 1	Review of Performance Sport 2	Recommendations	Justification Sport 1	Catch Up	Students will study Unit 1 Fitness for Sport and Exercise. This is assessed through an online external exam that will be sat in December. They will then study Unit 2 Practical Performance in Sport which is a combination of practical assessment and written assignments				
Video Strengths/ areas for improvements	Checklist Sport 2	Video Strengths/ areas for improvements	Game Play/ Catch Up							

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Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8		Wk9	
Unit 3: Personal Goals and SMARTER				Aims, Objectives, PARQ					A	Warm Up and Cool Down
Training methods and principles									Pre Fitness Tests	
HT2 (2 nd November – 18 th December 2020 (7 weeks))					CHRISTMAS HOLIDAY			HT3		
Wk10	Wk11	Wk12	Wk13	Wk14	Wk15			Wk16	Wk17	
Intensity		Training Diary & Plan						Training Diary	Training Diary Justification	
Pre Fitness Tests		Training plan						Training plan		
HT3 (4 th January – 12 th February 2021 (6 weeks))				FEBRUARY HALF TERM HOLIDAY	HT4 (22 nd February – 26 th March 2021 (5 weeks))					
Wk18	Wk19	Wk20	Wk21	A	Wk22	Wk23	Wk24	Wk25	Wk26	
LAB – Body systems					LAD – Review of Training			Catch Up		
Post Training Tests	Catch Up Opportunity for missed weeks				LAD – Review of Training					
EASTER HOLIDAY		HT5 (12 th April – 28 th May 2021 (7 weeks))						SPRING BANK HALF TERM HOLIDAY		
		Wk27	Wk28	Wk29	Wk30	Wk31	Wk32	Wk33		
		Catch Up								
HT6 (7 th June – 16 th July 2021 (6 weeks))					What does this year contribute towards? How does this year deliver the curriculum intent?					
Wk34	Wk35	Wk36	Wk37	Wk38	Wk39	Theory Lesson <input type="checkbox"/> Practical Lesson <input type="checkbox"/>		Assessment	A	
Catch Up					The first half term of Y11 will be spent finishing Unit 6 Leading Sports Activities. Students will then spend the rest of the academic studying Unit 3 Training for Personal Fitness with an opportunity to catch up on work for the last 4 weeks of the year. Some students will also resit Unit 1 exam in WK 14					

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Unit 6 Leading Sports Activities Catch Up in Preparation for Moderation										Unit 3: Personal Goals and SMARTER Aims, Objectives, PARQ
Unit 6 Leading Sports Activities Catch Up in Preparation for Moderation										
HT2 (2 nd November – 18 th December 2020 (7 weeks))						CHRISTMAS HOLIDAY		HT3		
Wk10	Wk11	Wk12	Wk13	LC2 Wk14	Wk15			Wk16	Wk17	
Warm Up and Cool Down	Intensity and WK 1 plan	Training Diary WK1 & Plan WK 2	Training Diary WK2 & Plan WK 3	Training Diary WK3 & Plan WK 4	Training Diary WK4 & Plan WK 5			Training Diary WK5 & Plan WK 6	Training Diary WK6 & Justification	
Principles of Training	Pre Fitness Tests	Week 1 Plan	Week 2 Plan	Week 3 Plan	Week 4 Plan	Week 5 Plan	Week 6 Plan			
HT3 (4 th January – 12 th February 2021 (6 weeks))				FEBRUARY HALF TERM HOLIDAY		HT4 (22 nd February – 26 th March 2021 (5 weeks))				
Wk18	Wk19	LC3 Wk20	Wk21			Wk22	Wk23	Wk24	Wk25	LC4 Wk26
LAB – Skeleton and Joints	Muscles and ST effetcs	Cardiorespiratory System	Short Term Effects			LAD – Review of Training Pass Level	Review of Training Merit Level	Review of Training Distinction Level	Catch Up	
Post Training Tests	Catch Up Opportunity for missed weeks				Review of Training Pass Level	Review of Training Merit Level	Review of Training Distinction Level			
EASTER HOLIDAY		HT5 (12 th April – 28 th May 2021 (7 weeks))						SPRING BANK HALF TERM HOLIDAY		
		Wk27	Wk28	Wk29	Wk30	Wk31	Wk32			Wk33
		Practical based on the interests of the class								
HT6 (7 th June – 16 th July 2021 (6 weeks))						What does this year contribute towards? How does this year deliver the curriculum intent? Theory Lesson Practical Lesson Assessment				
Wk34	Wk35	Wk36	Wk37	Wk38	Wk39					
Practical based on the interests of the class						The first half term of Y11 will be spent finishing Unit 6 Leading Sports Activities. Students will then spend the rest of the academic studying Unit 3 Training for Personal Fitness with an opportunity to catch up on work for the last 4 weeks of the year. Some students will also resit Unit 1 exam in WK 14				