

		Year 10					
Week		unit	content	Unit	Assessment	homework	checklist
<b>Unit 1. Fitness for Sport and Exercise</b>							
1	1	A.1	Introduction to the unit. Components of Physical fitness	<b>Unit 1. Fitness for Sport and Exercise</b>			
	2	A.2	Components of Skill Fitness				
2	1	A.3	Application of components of fitness to sports performance.				
	2	A.4	Exercise Intensity MHR				
3	1	A.4	Borg Scale (RPE) Training Zones				
	2	A.5	Basic Principles of Training FITT				
4	1	A.5	Additional Principles of Training			LLA End of Unit Test	
	2	B.1/B.2	Requirements for different training methods.				
5	1	B.1/B.2	Additional requirements for different training methods.				
	2	B.3	Fitness Training methods - Flexibility				
6	1	B.3	Fitness Training methods Strength/Endurance & Aerobic Circuits Theory				
	2	B.3	Fitness Training methods - Strength/Endurance Circuit -Practical				
7	1	B.3	Fitness Training methods - Aerobic Circuit Training Practical				
	2	B.3	Fitness Training Methods Plyometrics Theory/Practical				
<b>October Half Term</b>							
8	1	B.3	Fitness Training Methods - Aerobic Endurance Continuous/Fartlek/Interval	<b>Unit 1. Fitness for Sport and Exercise</b>			
	2	B.3	Fitness Training Methods - Aerobic Endurance Continuous/Fartlek/Interval				
9	1	B.3	Fitness Training Methods Speed Training- hollow/acceleration sprints			LAB End of Unit Test	
	2	C.2	Importance of Fitness Testing to Sports Performers and Coaches				
10	1	C.3	Requirements for administration of each fitness test				
	2	C.1/C.3/C.4	Fitness Tests, administration & Interpretation - sit & reach/grip dynamometer				
11	1	C.1/C.3/C.4	Fitness Tests, administration & Interpretation - MSFT				
	2	C.1/C.3/C.4	Fitness Tests, administration & Interpretation - Forestry Step Test				
12	1	C.1/C.3/C.4	Fitness Tests, administration & Interpretation - 35m sprint/Illinois Agility Run				

	2	C.1/C.3/C.4	Fitness Tests, administration & Interpretation - Body Composition Tests (Best done in a theory lesson)		LAC End of unit Test		
13	1	LAA/LAB/LAC	Revision in preparation for January Exam				
	2	LAA/LAB/LAC	Revision in preparation for January Exam				
14	1	LAA/LAB/LAC	Revision in preparation for January Exam				
	2	LAA/LAB/LAC	Revision in preparation for January Exam				
Christmas Holidays							
15	1	LAA/LAB/LAC	Revision in preparation for January Exam	<b>Unit 1. Fitness for Sport and Exercise</b>	Unit 1 Exam January		
	2	LAA/LAB/LAC	Revision in preparation for January Exam		Unit 1 Exam January		
<b>Unit 2 Practical Performance in Sport</b>							
16	1	A.5/A.1	Unit Introduction, Explanation of Sports and Sports Governing Bodies	<b>Unit 2. Practical Performance in Sport</b>			
	2	A.1/A.2/A.3/A.4	<b>Sport A</b> Rules (Laws), Regulations, Scoring Systems & Application				
17	1	A.6/A.7	<b>Sport A</b> Roles and Responsibilities of Officials				
	2	A.1/A.2/A.3/A.4	<b>Sport B</b> Rules (Laws), Regulations, Scoring Systems & Application				
18	1	A.6/A.7	<b>Sport B</b> Roles and Responsibilities of Officials				
	2	LAA	<b>LAA Assignment Task 1</b>		LAA		
19	1	LAA	<b>LAA Assignment Task 1</b>		LAA		
	2	B.1	Components of Physical Fitness				
20	1	B.2/B.4/B.5	<b>Sport A</b> Technical demands/skills & techniques/Safe participation				
	2	B.3/B.4/B.6	<b>Sport A</b> Tactical demands/relevant tactics/Safe participation				
February half term							
21	1	B.7/B.8/B.9/B.10/B.11	<b>Sport A</b> Effective use of skills and techniques, and the correct application of each component. Effective use of skills, Techniques and tactics. Isolated Practices. Conditioned Practices. Competitive situations.	<b>Unit 2. Practical Performance in Sport</b>	Video Evidence of performance required		
	2						
22	1						
	2						
23	1						
	2						
24	1	C.1/C.2	Observational Checklist/Review Performance				
	2	LAB	Sport A Assignment 3 Tasks for learning Aim B		LAB		
25	1	LAB	Sport A Assignment 3 Tasks for learning Aim B		LAB		

	2	LAC	Sport A Assignment 3 Tasks for learning Aim C		LAC		
26	1	LAC	Sport A Assignment 3 Tasks for learning Aim C		LAC		
	2	B.2/B.4/B.5	<b>Sport B</b> Technical demands/skills & techniques/Safe participation				
<b>Easter holidays</b>							
27	1	B.3/B.4/B.6	<b>Sport B</b> Tactical demands/relevant tactics/Safe participation	<b>Unit 2. Practical Performance in Sport</b>	Video Evidence of performance required		
	2	B.7/B.8/B.9/B.10/B.11	<b>Sport B</b> Effective use of skills and techniques, and the correct application of each component. Effective use of skills, Techniques and tactics. Isolated Practices. Conditioned Practices. Competitive situations.				
28	1						
	2						
29	1						
	2						
30	1						
	1	C.1/C.2	Observational Checklist/Review Performance				
31	2	LAB	Sport B Assignment 3 Tasks for learning Aim B			LAB	
	1	LAB	Sport B Assignment 3 Tasks for learning Aim B			LAB	
32	1	LAC	Sport B Assignment 3 Tasks for learning Aim C			LAC	
	2	LAC	Sport B Assignment 3 Tasks for learning Aim C			LAC	
33	1		Resubmission of Unit 2 Assignments				
	2		Resubmission of Unit 2 Assignments				
<b>May half term</b>							
34	1	LAA/LAB/LAC	Revision in preparation for Summer Exam	<b>Unit 1. Fitness for Sport and Exercise</b>			
	2	LAA/LAB/LAC	Revision in preparation for Summer Exam				
35	1	LAA/LAB/LAC	Revision in preparation for Summer Exam				
	2	LAA/LAB/LAC	Revision in preparation for Summer Exam				
35	1	LAA/LAB/LAC	Revision in preparation for Summer Exam				
	2	LAA/LAB/LAC	Revision in preparation for Summer Exam				
36	1	LAA/LAB/LAC	Revision in preparation for Summer Exam				
	2	LAA/LAB/LAC	Revision in preparation for Summer Exam				
37	1	LAA/LAB/LAC	Revision in preparation for Summer Exam				
	2	LAA/LAB/LAC	Revision in preparation for Summer Exam				
38	1		<b>Preparation for Year 11 Unit 3</b>				
	2		<b>Preparation for Year 11 Unit 3</b>				
39	1		<b>Preparation for Year 11 Unit 3</b>				
	2		<b>Preparation for Year 11 Unit 3</b>				

40	1		<b>Preparation for Year 11 Unit 3</b>				
	2		<b>Preparation for Year 11 Unit 3</b>				

<b>Year 11</b>							
Week		unit content	content	Unit	assessment	homework	checklist
<b>Unit 3 Applying the principles of personal training</b>							
<b>Learning Aim A: Design a personal fitness training plan</b>							
1	1	A.1	Unit Introduction/	Unit 3 Applying the principles of personal training			
	2	A.1	Personal Information to aid training programme design.				
2	1	A.1	SMARTER Targets/Aims/Objectives				
	2	A.1	Lifestyle/activity history/PARQ				
3	1	A.1	Attitudes/Personal motivation for training				
	2	A.4	Programme Design - Selection of appropriate methods of training				
4	1	A.4	Methods of training - Flexibility case studies				
	2	A.4	Methods of training - Flexibility Practical Dynamic/Static/PNF				
5	1	A.4	Methods of training - Muscular Strength/Endurance case studies				
	2	A.4	Methods of training - Muscular Strength/Endurance Practical session				
6	1	A.4	Methods of training - Aerobic Endurance theory				
	2	A.4	Methods of training - Aerobic Endurance practical continuous/Fartlek/Interval				
7	1	A.4	Methods of training - Speed/Power theory				
	2	A.4	Methods of training - Speed/Power - Practical Acceleration/deceleration/plyometric				
<b>October half term</b>							
8	1	A.2	Programme design - Intro/personal informations PARQ/assess training needs individually	Unit 3 Applying the principles of personal training			
	2	A.2	Programme design - Safe design/Introduction to 6 week training plan				
9	1	A.2	Programme design - Basic Principles of Training FITT				
	2	A.2	Programme design - Additional Principles of Training				
10	1	A.2	Programme Design - Warm up/Cool Down				
	2	A.2	Programme Design - Intensity/Training Zones				
11	1	Learning Aim A					

11	2	Learning Aim A	Assignment 1		Programme Design					
12	1	Learning Aim A								
	2	Learning Aim A								
<b>Learning Aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training.</b>										
13	1	B.1	Musculoskeletal System - Location of muscles. Practical through circuit training.	Unit 3 Applying the principles of personal training	Assignment 2					
	2	B.1	Musculoskeletal System - Location of major bones			Diagrams of the body systems				
14	1	B.2	Cardiorespiratory System - Structures of CV and Respiratory Systems			Diagrams of the body systems				
	2	B.1	Cardiorespiratory System - Short term effects of exercise practical			Diagrams of the body systems				
<b>Christmas Holiday</b>										
<b>Learning Aim C: Implement a self designed personal fitness training programme to achieve own goals and objectives</b>										
15	1	C.1/C.2/C.3	Safely implement a personal fitness training programme/Record a diary for each training session/Measures for success	Unit 3 Applying the principles of personal training	Training Diary recorded sessions					
	2	C.1/C.2/C.3								
16	1	C.1/C.2/C.3								
	2	C.1/C.2/C.3								
17	1	C.1/C.2/C.3								
	2	C.1/C.2/C.3								
18	1	C.1/C.2/C.3								
	2	C.1/C.2/C.3								
19	1	C.1/C.2/C.3								
	2	C.1/C.2/C.3								
20	1	C.1/C.2/C.3								
	2	C.1/C.2/C.3								
<b>February half term</b>										
<b>Learning Aim D: Review a personal fitness training programme</b>										
21	1	D.1								

	2	D.1	Review Training Programme	Unit 3 Applying the principles of personal training	Assignment 4 Written review of training programme		
<b>Unit 5: The Sports Performer in Action</b>							
<b>Learning Aim A: Know about the short-term responses and the long term adaptations of the body systems to exercise</b>							
22	1	A.1	Introduction to the Unit. Short term effects of exercise on the musculoskeletal system. Synovial Joints.	Unit 5: The Sports Performer in Action	Posters on how exercise can benefit joints.		
	2	A.1	Short term effects of exercise on bones. Synovial Joints/Joint Movement		Posters on how exercise can benefit joints.		
23	1	A.1	New bone formation.		Student presentations on bone formation.		
	2	A.1	Short term effects of exercise on muscles.		Produce a leaflet on effects of exercise on muscles.		
24	1	A.2	Short term effects of exercise on the cardiorespiratory system. Practical - Sweat production				
	2	A.2	Short term effects of exercise on the cardiorespiratory system. Redistribution of blood.				
25	1	A.2	Cardiac Output/Blood pressure				
	2	A.2	Lactic Acid Build up/Tidal Volume				
26	1	A.3	Long Term Adaptations of the musculoskeletal system - Hypertrophy/Mitochondria/Bone density		Illustrations accompanying explanations.		
	2	A.3	Stability of joints/Connective tissue		Advice leaflets/posters for gym users		

Easter holiday							
27	1	A.3	Posture/Osteoporosis	Unit 5: The Sports Performer in Action	Advice leaflets/posters for gym users		
	2	A.4	<b>Long term adaptations of the cardiorespiratory system.</b> Long term adaptations of the heart.				
28	1	A.4	Long term adaptations of the respiratory system.			<b>Assignment 1 in non contact time.</b>	
<b>Learning Aim B: Know about the different energy systems used during sports performance.</b>							
	2	B.1	Energy Systems in Sport				
29	1	B.2	The anaerobic energy systems - ATP-CP, alactic anaerobic system				
	2	B.3	Glycolysis/lactic acid anaerobic system.				
30	1	B.4	Aerobic Energy system - using oxygen				
	2	B.1.2.3.4	How energy systems work.				
31	1	B.1.2.3.4	Assignment 2		Energy System information leaflets		
	2	B.1.2.3.4	Assignment 2				
32	1	B.1.2.3.4	Assignment 2				
	2	B.1.2.3.4	Assignment 2				
33	1						
	2						
June half term							
34							
35							
36							
37							
38							
39							
40							