

Year 12							
Week	1 or 2	Unit	Content	Unit	Assessment	Homework	Checklist
Unit 1. Fitness for Sport and Exercise							
Topic A: The effects of exercise and sports performance on the skeletal system.							
1	1	Introduction	Introduction to the unit - Whole class activity	Unit 1. Anatomy & Physiology			
	2	A1	Structure of skeletal system				
2	1	A1	Structure of skeletal system				
	2	A2	Function of the skeleton				
3	1	A3	Joints				
	2	A3	Joints				
4		A1-3	Independent study				
	2	A1-3	Revision session			End of Unit Test	
5	1	A4	Responses of the skeletal system to a single sport or exercise session				
	2	A5	Adaptations of the skeletal system to exercise				
6	1	A6	Additional factors affecting the skeletal system				
	2	A4-6	Revision session		Exam questions		
Topic B: The effects of exercise and sports performance on the muscular system							
7	1	B1	Characteristics and function of different types of muscles				
	2	B2	Major muscles				
half term							
8	1	B3	Antagonistic pairs				
	2	B4	Types of skeletal muscle contraction: isometric, concentric, eccentric.				

Year 12							
Week	1 or 2	Unit	Content	Unit	Assessment	Homework	Checklist
Unit 5. Application of Fitness Testing							
Topic A: Understand the career and job opportunities in the sports industry							
1	1	Introduction	Introduction to the unit - Whole class activity	Unit 5. Application of Fitness Testing			
	2	A1	Validity of fitness tests				
2	1	A1	Validity of fitness tests				
	2	A2	Reliability of fitness tests				
3	1	A2	Reliability of fitness tests				
	2	A3	Practicality and suitability of fitness tests				
4		A3	Professional training routes, legislation, skills in the sports industry: education pathways / specialist qualifications / higher education / job descriptions and personal specifications / professional bodies / minimum standards/NGBs.				
	2	A3	Professional training routes, legislation, skills in the sports industry: <ul style="list-style-type: none"> • sector-specific legislation • industry standards • safeguarding. 				
5	1	A4	Ethical issues associated with fitness screening				
	2	A4	Ethical issues associated with fitness screening				
6	1	A1-A4	Individual activity - SOW				
	2	A1-A4	Revision		End of Unit Test		
Topic B: Explore fitness tests for different components of fitness							
7	1	B4	Administration of tests	Unit 5. Application of Fitness Testing			
	2	B1	Fitness tests to assess components of physical fitness				
half term							
8	1	B1	Fitness tests to assess components of physical fitness	Fitness Testing			
	2	B1	Fitness tests to assess components of physical fitness				
9	1	B1	Fitness tests to assess components of physical fitness				

9	1	B5	Fibre types	Unit 1. Anatomy & Physiology					2	B1	Whole group activity	Unit 5. Application of Fitness Testing	Visit to higher education institute or sports science laboratory				
	2	B 1-5	Revision session			End of Unit Test			10	1	B2		Fitness tests to assess components of skill-related fitness				
10	1	B6	Responses of the muscular system to a single sport/exercise							2	B2		Fitness tests to assess components of skill-related fitness				
	2	B7	Adaptations of the muscular system to exercise						11	1	B2	Fitness tests to assess components of skill-related fitness					
11	1	B8	Additional factors affecting the muscular system							2	B3	Planning of tests	Unit 5. Application of Fitness Testing				
	2	B1-8	GUEST SPEAKER - PT			Exam questions			12	1	B3	Planning of tests			Interviews - Coursework		
Topic C: The effects of exercise and sports performance on the respiratory system									2		Assignment 1			Coursework			
12	1	C1	Structure of the respiratory system	Unit 1. Anatomy & Physiology				13	1		Assignment 1			Coursework			
	2	C2	Mechanisms of breathing and gaseous exchange							2		Assignment 1		Coursework			
13	1	C3	Lung volumes : TV / VC / RV / TLC / VE						Topic C: Undertake evaluation and feedback of fitness tests results								
	2	C4	Control of breathing: Neural / chemical						14	1	C1	Produce a fitness profile for a selected sports performer	Unit 5. Application of Fitness Testing				
14	1	C1 -C4	Practical lesson - SOW							2	C2	Providing feedback to a selected sports performer					
	2	C1-C4	Revision session						15	1		Assignment 2			Coursework		
xmas								xmas									
xmas								xmas									
15	1	C5	Responses to the respiratory system to exercise	Unit 1. Anatomy & Physiology					2		Assignment 2	Unit 5. Application of Fitness Testing	Coursework				
	2	C6	Adaptations of the respiratory system						16	1							
		C5-6	Presentation or practical lesson - SOW							2							
16	1	C7	Additional factors affecting the respiratory system	Unit 1. Anatomy & Physiology				17	1								
	2	C1-7	Revision & Test			End of Unit Test				2							
17	1	D1	Structure of the cardiovascular system	Unit 1. Anatomy & Physiology				18	1								
	2	D1	Structure of the cardiovascular system cont...							2							
18	1	D2	Function of the cardiovascular system						19	1							
	2	D2	Function of the cardiovascular system cont..							2							

19	1	D1-D2	Independent study - SOW	Unit 1. Anat				20	1			Ur				
	2	D3	Nervous control of the cardiac cycle							2						
20	1	D1-D3	Revision session - SOW						21	1						
	2	D4	Responses of the CV system to exercise session							2						
half term								half term								
21	1	D4	Practical lesson - SOW	Unit 1. Anatomy & Physiology				22	1			Unit 5. Application of Fitness Testing				
	2	D5	Adaptations of the CV system to exercise							2						
22	1	D6	Additional factors affecting the CV system - SOW						23	1						
	2	Museum Trip	More info - SOW							2						
23	1	D4-D6	Revision session - SOW	Unit 1. Anatomy & Physiology	End of Unit Test			24	1							
	2	E1	The role of ATP in exercise							2						
24	1	E2	The ATP-PC (alactic) system in exercise and performance						25	1						
	2	E3	The lactate system in exercise and sports performance							2						
25	1	E1-E3	Practical lesson - SOW						26	1						
	2	E4	The aerobic system in exercise and performance							2						
26	1	E1-E4	Practical lesson - SOW						27	1						
	2	E1-E4	Revision session - SOW							2						
easter								easter								
easter								easter								
27	1	E5	Adaptations of the energy system to exercise	Unit 1. Anatomy & Physiology				28	1			Unit 5. Application of Fitness Testing				
	2	E6	Additional factors affecting the energy systems							2						
28	1	E1-E6	Laboratory trip - More info SOW						29	1						
	2	E5-E6	Revision session - SOW			End of Unit Test				2						
29	1								30	1						
	2									2						
30	1								31	1						
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31	2								32	2						
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Unit 1. Anatomy & Physiology

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41	1		
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42	1		
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Unit 5. Application of Fitness Tes

Year 13							
Week	1 or 2	Unit	Content	Unit	Assessment	Homework	Checklist
Unit 2. Fitness Training and Programming for Health, Sport and Well-being							
Topic A: The effects of exercise and sports performance on the skeletal system.							
1	1	Introduction	Introduction to the unit - SOW				
	2	A1	Positive lifestyle factors -effect on well-being				
2	1	A1	Positive lifestyle factors -effect on well-being				
	2	A1	Positive lifestyle factors -effect on well-being - Balanced diet				
3	1	A1	Group activity / Guest speaker				
	2	A1	Positive lifestyle factors -effect on well-being - Balanced diet cont..				

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Year 13							
Week	1 or 2	Unit	Content	Unit	Assessment	Homework	Checklist
Unit 3. Professional Development in the sports industry							
Topic A: Understand the career and job opportunities in the sports industry							
1	1	Introduction	Introduction to the unit - Whole class activity				
	2	A1	Scope and provision of the sports industry: • size, breadth and geographic spread of the sports industry, locally and nationally • factors that affect sports provision and employment opportunities.				
2	1	A1	Scope and provision of the sports industry: • factors that affect sports provision and employment opportunities: o geographical / socio-economic / season.				
	2	A1	Group Presentation - geographical / socio-economic / season.				
3	1	A2	Careers and jobs in the sports industry: sectors / local employers / national employers / sources of information on careers in sports / definitions of types of employment.				
	2	A2	Careers and jobs in the sports industry: • key pathways: sports science / sports development / leisure management / education / sports journalism / coaching.				

Development in the sports industry

4		A2	Negative lifestyle factors and effects on well-being	Unit 2. Fitness Training and Programming for Health, Sport and Well-being				4		A3	Professional training routes, legislation, skills in the sports industry: education pathways / specialist qualifications / higher education / job descriptions and personal specifications / professional bodies / minimum standards/NGBs.	Unit 3. Professional Development in the sports industry			
	2	A3	Lifestyle modification techniques		Exam questions				2	A3	Professional training routes, legislation, skills in the sports industry: <ul style="list-style-type: none"> • sector-specific legislation • industry standards • safeguarding. 				
5	1	A3	Lifestyle modification techniques					5	1	A4	Sources of continuing professional development (CPD):				
	2	A1-3	Group activity - SOW						2	A4	Sources of continuing professional development (CPD):				
6	1	A1-3	Individual activity / Tutor led discussion / presentation SOW					6	1	A1-A4	Individual activity - SOW				
	2	A1-A3	Revision session		End of Unit Test				2	A1-A4	Guest speaker		End of Unit Test		
Topic B: Understand the screening processes for training programming					Topic B: Explore own skills using a skills audit to inform a career development action plan										
7	1	B1 / B2 B3	Intro - SOW B1: Screening processes B2: Health monitoring tests B3: Interpreting the results of health monitoring tests	Unit 2. Fitness Training and Programming for Health, Sport and Well-being				7	1	B1	Personal skills audit for potential careers:	Unit 3. Professional Development in the sports industry			
	2	B2 / B3	B2: Health monitoring tests B3: Interpreting the results of health monitoring tests						2	B1	Personal skills audit for potential careers:				
half term					half term										
8	1	B1-B3	Independent study - SOW	Unit 2. Fitness Training and Programming for Health, Sport and Well-being				8	1	B2	Planning personal development towards a career in the sports industry:	Unit 3. Professional Development in the sports industry			
	2	B1-B3	Individual activity - SOW Case Study		End of Unit Test				2	B2	Planning personal development towards a career in the sports industry:				
Topic C: Understand programme-related nutritional needs					Topic C: Understand programme-related nutritional needs										
9	1	C1 / C2	Common terminology Components of a balanced diet	Unit 2. Fitness Training and Programming for Health, Sport and Well-being				9	1	B3	Maintaining a personal portfolio/record of achievement and experience:				

	2	C2 & C3	Components of a balanced diet Nutritional strategies for individuals taking part in training programmes	Unit 2. Fitness Training and Programming for Health and Well-being						2	B1-B3	Individual activity - SOW	Unit 3. Profession	End of Unit Test			
10	1	C3	Nutritional strategies for individuals taking part in training programmes							10	1	A1-A4 & B1-B3		Individual activity - SOW			
	2	C3	Nutritional strategies for individuals taking part in training programmes							Topic C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway							
11	1	C1-C3	Independent study - SOW							10	2	C1	Job applications: • selection of a job role in a suitable career pathway:	Unit 3. Professional Development in the sports industry	Interviews - Coursework		
	2	C1-C3	Revision / Case study				End of Unit Test		11	1	C1	Job applications: • selection of a job role in a suitable career pathway:	Interviews - Coursework				
Topic C: Examine training methods for different components of fitness										2	C2	Interviews and selected career pathway-specific skills: SOW					
12	1	D1 -D1.1	Components of fitness to be trained Skill-related fitness	Unit 2. Fitness Training and Programming for Health, Sport and Well-being					12	1	C2	Interviews and selected career pathway-specific skills:					
	2	D2-D2.1	Training methods for physical fitness-related components Aerobic endurance training methods							2	C1-C2	Individual activity - SOW					
13	1	D2.1	Aerobic endurance training methods							Topic D: Reflect on the recruitment and selection process and your individual performance							
	2	D2.1	Aerobic endurance training methods						13	1	D1	Review and evaluation	Unit 3. Professional Development in the sports industry				
14	1	D2.1	Aerobic endurance training methods							2	D1	Review and evaluation					
	2	D2.2	Muscular strength training methods						14	1	D2	Updated SWOT and action plan:					
xmas									xmas								
xmas									xmas								
15	1	D2.2	Muscular strength training methods	Unit 2. Fitness Training and Programming for Health, Sport and Well-being						2	D2	Updated SWOT and action plan:	Unit 3. Professional Development in the sports industry				
	2	D2.2	Muscular strength training methods							15	1	D1-D2		Individual activity - SOW			
		D2.2	Muscular strength training methods								2	C1-C2 & D1-D2		Individual activity - SOW			
16	1	D2.3	Muscular endurance training methods							16	1						
	2	D2.4	Core stability training methods							2							

