AUTUMN TERM

UNIT 01

Components of Fitness

UNIT 02

Principles of Training

UNIT 03

Optimising Training

UNIT 04

Prevention of Injury

UNIT 05

Physical activity and sport in the UK

UNIT 06

Participation in Physical Activity and Sport

SPRING TERM

SUMMATIVE ASSESSMENT

UNIT 07

Commercialisation of Sport

UNIT 08

Ethics in Sport

UNIT 09

Drugs in Sport

UNIT 10

Violence in Sport

UNIT 11

Characteristics of skillful movement

UNIT 12

Classification of skills

UNIT 13

Goal setting

Mental preparation

LEX TUA LUX

UNIT 14



















SUMMER TERM

SUMMATIVE ASSESSMENT

UNIT 15

Health fitness and well-being

UNIT 16

Diet and Nutrition

CONTROLLED

ASSESSMENT

MOCK

EXAM

UNIT 17

Location of major bones

UNIT 20

Functions of the skeleton













