

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 10	Unit 1 – Fitness for Sport and Exercise Learning Aim A - Components of fitness and the principles of training	Unit 1 – Fitness for Sport and Exercise Learning Aim B – Fitness training methods	Unit 1 – Fitness for sport and Exercise Learning Aim C – Fitness testing	Unit 1 – Fitness for Sport and Exercise - External Exam Unit 2 – Practical performance in Sport Learning Aim A - Rules, regulations and scoring systems in sports	Unit 2 – Practical Performance in Sport Learning Aim B - Demonstrate skills, techniques and tactics in sport	Unit 2 – Practical Performance in Sport Learning Aim C – Reviewing sports performance
Year 11	Unit 3 - Applying the Principles of Personal Training Learning Aim A - Designing a personal fitness training programme Learning Aim B – The effects of exercise on the musculoskeletal system and cardiorespiratory system	Unit 3 - Applying the Principles of Personal Training Learning Aim C - Implementing a self-designed personal fitness training programme to achieve own goals and objectives	Unit 3 - Applying the Principles of Personal Training Learning Aim D - Reviewing a personal fitness training programme Unit 4 – The Mind and Sports Performance Learning Aim A - Investigate personality and its effect on sports performance	Unit 4 – The Mind and Sports Performance Learning Aim B - Explore the influence that motivation and self-confidence have on sports performance	Unit 4 – The Mind and Sports Performance Learning Aim C - Know about arousal and anxiety, and the effects they have on sports performance	