



| | Year 10 | Year 11 |
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| Half term 1 Skills & knowledge | <p align="center">Unit 6 Leading Sports Activities</p> <p>Learning aim A: Know the attributes associated with successful sports leadership</p> <p>Learning aim B: Undertake the planning and leading of sports activities</p> <p>Learning aim C: Review the planning and leading of sports activities</p> | <p align="center">Unit 1 Externally Assessed: Fitness for Sport and Exercise</p> <p>Learning aim A: Know about the components of fitness and the principles of training</p> <p>Learning aim B: Explore different fitness training methods</p> <p>Learning aim C: Investigate fitness testing to determine fitness levels</p> |
| Half term 2 Skills & Knowledge | | |
| Half term 3 Skills & Knowledge | <p align="center">Unit 2 Practical Sports Performance</p> <p>Learning aim A: Understand the rules, regulations and scoring systems for selected sports</p> <p>Learning aim B: Practically demonstrate skills, techniques and tactics in selected sports</p> <p>Learning aim C: Be able to review sports performance</p> | <p align="center">Unit 3 Applying the Principles of Personal Training</p> <p>Learning aim A: Design a personal fitness training programme</p> <p>Learning aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training</p> <p>Learning aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives</p> <p>Learning aim D: Review a personal fitness training programme</p> |
| Half term 4 | | |
| Skills & Knowledge | | |
| Half term 5 Skills & Knowledge | | |
| Half term 6 Skills & Knowledge | <p align="center">Where can Sport take you? Careers, further education, advice and guidance</p> <p>Case studies: Nutritionist, Physiotherapy, Data Analyst, Sport Journalism, PE Teacher</p> <p>External visits to organisations / sports clubs</p> <p>Interview specialists in industry and gather information</p> <p>Report on findings and present findings</p> | |