

Term	Topic(s)	Assessed work	Additional details
1 a 7 weeks _lessons	1.2.a Components of fitness 1.2.a Fitness Testing 1.2.a Qualitative and Quantitative Data Interpretation 1.2.b Principles of Training 1.2.b Training Methods	End of Unit assessment.	Students to complete unit and end of unit assessment. Assessment to be an introduction to GCSE style exam questioning.
1b 7 weeks _lessons	1.2.c Preventing Injury 1.1.a Skeletal System and Functions	End of Unit assessment.	Students to complete a review of learning in final week of term. Purpose of this is to identify strengths and weaknesses from self-reflection to identify gaps in learning/trends of areas of improvement.
2a 6 weeks _lessons	1.1.b Muscular System 1.1.c Movement Analysis	End of Unit assessment.	
2b 6 weeks _lessons	1.1.d Cardiovascular System 1.1.d Respiratory System 1.1.d Aerobic and Anaerobic Systems	End of Unit assessment.	
3a 6 weeks _lessons	1.1.e Short Term effects of Exercise on the Body Systems (skeletal, muscular, cardiovascular, respiratory) 1.1.e Long Term effects of Exercise on Body Systems (skeletal, muscular, cardiovascular, respiratory) Revision and Recap of Units. Focus on particular areas of weakness identified by end of unit assessments.	13 th June -Exam week 20 th /27 th June-work experience	

<p>3b 7 weeks -lessons</p>	<p>NEA –</p> <ul style="list-style-type: none"> • Introduction to AEP (NEA element) • AEP Evaluation and Analysis • AEP Overview • AEP Assessment • AEP Movement Analysis • AEP Action Plan 	<p>No formal assessment of NEA work.</p>	<p>Ongoing assessment and feedback throughout this half term to support students in completing their AEP.</p>
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