

Term	Topic(s)	Assessed work	Additional details
1 a 7 weeks _lessons	R042 – Applying the principles of training – LO1/LO2 <ul style="list-style-type: none"> • The principles of training • Progression (FITTA) • Specificity • Reversibility • Moderation • Variance • Aerobic and Anaerobic Exercise • The components of fitness 	End of topic test (R041)	All Year Lessons split 2 and 1. 2 lessons per week follow an assignment (R042) unit whilst the single lesson follows the exam unit (R041) Practical lessons during this section of work to support R042. Students should complete different exercise in practical lessons to support their understanding of components of fitness.
1b 7 weeks _lessons	R042 – Applying the principles of training – LO2 <ul style="list-style-type: none"> • Training Methods • Understand different training methods • Be able to plan training sessions for each method. • Practical lessons to refer to training methods. 	End of topic test (R041)	Practical lessons during this section of work to support R042. Students should complete training methods in practical lessons to support their understanding of training methods.
2a 6 weeks _lessons	R042 – Applying the principles of training – LO3 <ul style="list-style-type: none"> • Fitness testing • Fitness tests for each Component of Fitness • Maximal or Sub Maximal Testing • How to interpret data (normative data, validity, reliability) 	End of topic test (R041)	Practical lessons during this section of work to support R042. Students should complete fitness tests to ensure they are familiar with protocols for each fitness test for each component of fitness.
2b 6 weeks _lessons	R041 – Responding to Injuries – LO2 <ul style="list-style-type: none"> • The physical benefits of a warm up • The psychological benefits of a warm up • Key components of a warm up • Physical benefits of a cool down • Key components of a cool down • Specific needs which a warm up/cool down must consider R041 – Responding to Injuries – LO3 <ul style="list-style-type: none"> • Acute and chronic injuries 	End of topic test (R041)	Practical sessions used to allow students to complete one training session a week. Suggestion is all students complete a circuit training session during practical sessions.

	<ul style="list-style-type: none"> • Types of injuries • How to respond to injuries • EAP's (emergency action plans) <p>R042 – Applying the principles of training – LO4</p> <ul style="list-style-type: none"> • Design a fitness program • Gather subject details • Clarify aims • Organise suitable plan 		
3a 6 weeks _lessons	<p>R041 – Responding to Injuries – LO4</p> <ul style="list-style-type: none"> • The symptoms of medical conditions (asthma, epilepsy, diabetes) • How to respond to these medical conditions <p>R042 – Applying the principles of training</p> <ul style="list-style-type: none"> • Evaluate the effectiveness of the training plan using fitness testing, reflection (self reflection) • Write up and final completion of assignment work. 	13 th June -Exam week 20 th /27 th June-work experience	Practical session to retest relevant fitness scores after completing the training program.
3b 7 weeks -lessons	<p>RO45/46</p> <p>Introduction to next years Unit. Research tasks around diet and nutrition.</p>		