

	Term	Topic	Learning Outcomes	Assessment
Year 10		<b>Unit 2: Practical Performance in Sport</b>	<ul style="list-style-type: none"> <li>• <b>Learning Aim A: Understand the rules, regulations and scoring systems for selected sports</b></li> <li>• Topic A.1: Rules (or laws)</li> <li>• Topic A.2: Regulations</li> <li>• Topic A.3: Scoring systems</li> <li>• Topic A.4: Application of the rules/laws of sports in different situations</li> <li>• Topic A.5: Sports</li> <li>• Topic A.6: Roles of officials</li> <li>• Topic A.7: Responsibilities of officials</li> </ul>	Portfolio
	Term 1	<b>Unit 1: Fitness for Sport and Exercise</b>	<ul style="list-style-type: none"> <li>• <b>Learning Aim A: Know about the components of fitness and the principles of training</b></li> <li>• Topic A.1: Components of physical fitness</li> <li>• Topic A.2: Components of skill-related fitness</li> <li>• Topic A.3: Why fitness components are important for successful participation in given sports</li> <li>• Topic A.4: Exercise intensity and how it can be determined</li> <li>• Topic A.5: The basic principles of training (FITT)</li> <li>• Topic A.6: Additional principles of training</li> </ul>	Practice Exam

	Term	Topic	Learning Outcomes	Assessment
Year 10	Term 2	<b>Unit 2: Practical Performance in Sport</b>	<ul style="list-style-type: none"> <li>• <b>Learning Aim B: Practically demonstrate skills, techniques and tactics in selected sports</b></li> <li>• Topic B.1: Components of physical fitness</li> <li>• Topic B.2: Technical demands</li> <li>• Topic B.3: Tactical demands</li> <li>• Topic B.4: Safe and appropriate participation</li> <li>• Topic B.5: Relevant skills and techniques</li> <li>• Topic B.6: Relevant tactics</li> <li>• Topic B.7: Effective use of skills and techniques, and the correct application of each component</li> <li>• Topic B.8: Effective use of skills, techniques and tactics</li> <li>• Topic B.9: Isolated practices</li> <li>• Topic B.10: Conditioned practice</li> <li>• Topic B.11: Competitive situations</li> </ul>	Skill Video Documentation
		<b>Unit 1: Fitness for Sport and Exercise</b>	<ul style="list-style-type: none"> <li>• <b>Learning Aim B: Explore different fitness training methods</b></li> <li>• Topic B.1: Requirements for each of the following fitness training methods</li> <li>• Topic B.2: Additional requirements for each of the fitness training methods</li> <li>• Topic B.3: Fitness training methods for flexibility training</li> <li>• Topic B.3: Fitness training methods for strength, muscular endurance and power training</li> <li>• Topic B.3: Fitness training methods for aerobic endurance training</li> <li>• Topic B.3: Fitness training methods for speed training</li> </ul>	Mock Examination

Term	Topic	Learning Outcomes	Assessment
Year 10	Unit 2: Practical Performance in Sport	<ul style="list-style-type: none"> <li>• <b>Learning Aim C: Be able to review sports performance</b></li> <li>• Topic C.1: Observation checklist</li> <li>• Topic C.2: Review performance</li> </ul>	Evaluation / Portfolio
	Unit 1: Fitness for Sport and Exercise	<ul style="list-style-type: none"> <li>• <b>Learning aim C: Investigate fitness testing to determine fitness levels</b></li> <li>• Topic C.1: Fitness test methods for components of fitness</li> <li>• Topic C.2: Importance of fitness testing to sports performers and coaches</li> <li>• Topic C.3: Requirements for administration of each fitness test</li> <li>• Topic C.4: Interpretation of fitness test results</li> </ul>	Portfolio

Term 3

Year 10

	Term	Topic	Learning Outcomes	Assessment
Year 11	Term 1	<b>Unit 6: Leading Sports Activities</b>	<ul style="list-style-type: none"> <li>• <b>Learning Aim A: Know the attributes associated with successful sports leadership</b></li> <li>• Topic A.1: Sports Leaders</li> <li>• Topic A.2: Attributes</li> <li>• Topic A.3: Responsibilities</li> </ul>	Workshop Planning / Portfolio
		<b>Unit 1: Fitness for Sport and Exercise</b>	<b>Preparation for External Examination</b>	External Examination
		<b>Unit 3: Applying the Principles of Personal Training</b>	<ul style="list-style-type: none"> <li>• <b>Learning Aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives</b></li> <li>• Topic C.1: Safely implement a personal fitness training programme</li> <li>• Topic C.2: Training diary for each session recording</li> <li>• Topic C.3: Measures for success</li> </ul>	Practical Assessment Portfolio

	Term	Topic	Learning Outcomes	Assessment
Year 11		<b>Unit 3: Applying the Principles of Personal Training</b>	<ul style="list-style-type: none"> <li>• <b>Learning Aim A: Design a personal fitness training programme</b></li> <li>• Topic A.1: Personal information to aid training programme design</li> <li>• Topic A.2: Programme design</li> </ul>	Portfolio
	Term 2	<b>Unit 6: Leading Sports Activities</b>	<ul style="list-style-type: none"> <li>• <b>Learning Aim B: Undertake the planning and leading of sports activities</b></li> <li>• Topic B.1: Sports activities</li> <li>• Topic B.2: Plan</li> <li>• Topic B.3: Lead</li> <li>• Topic B.4: Measures of success</li> </ul>	Workshop Delivery

		Term	Topic	Learning Outcomes	Assessment
Year 11	Term 3		Unit 3: Applying the Principles of Personal Training	<ul style="list-style-type: none"> <li>• Learning Aim D: Review a personal fitness training programme</li> <li>• Topic D.1: Review programme</li> </ul>	Evaluation
			Unit 6: Leading Sports Activities	<ul style="list-style-type: none"> <li>• Learning Aim C: Review the planning and leading of sports activities</li> <li>• Topic C.1: Review</li> <li>• Topic C.2: Targets for development</li> </ul>	Evaluation and Target Setting

**Exam dates:**