	Autumn Term		Spring Term		Summer Term	
	HT1	HT2	HT3	HT4	HT5	HT6
Year 7	Sport *(Example- football- skills in isolation)*	Sport *(Example- netball- skills in isolation)*	Sport *(Example- trampolining- basic skills)*	Sport *(Example- badminton- skills in isolation)*	Sport *(Example- tennis- skills in isolation)*	Sport *(Example- athletics)*
Year 8	Sport *(Example- football- skills lightly opposed)*	Sport *(Example- netball- skills lightly opposed)*	Sport *(Example- trampolining- intermediate skills)*	Sport *(Example- badminton- skills lightly opposed)*	Sport *(Example- tennis- skills lightly opposed)*	Sport *(Example- athletics)*
Year 9	Sport *(Example- football- skills fully opposed)*	Sport *(Example- netball- skills fully opposed)*	Sport *(Example- trampolining- advanced skills)*	Sport *(Example- badminton- skills fully opposed)*	Sport *(Example- tennis- skills fully opposed)*	Sport *(Example- athletics)*
Year 10	NCFE Health and Fitness Skeletal and muscular system Sport *(Example- football- games fully opposed)*	NCFE Health and Fitness Respiratory, cardiovascular and energy systems Sport *(Example- netball- games fully opposed)*	NCFE Health and Fitness Effects of health and fitness activities on the body. Principles of training. Sport *(Example- trampolining- routines)*	NCFE Health and Fitness Testing and developing components of fitness. Sport *(Example- badminton- games fully opposed)*	NCFE Health and Fitness Impact of lifestyle on health and fitness. Applying health and fitness analysis and setting goals. Sport *(Example- tennis- games fully opposed)*	NCFE Health and Fitness Structure of a health and fitness programme and how to prepare safely. Sport *(Example- rounders- games fully opposed)*

Year 11	NCFE Health and Fitness Completion of internal assessment Sport *(Example- football- games fully opposed)*	NCFE Health and Fitness Completion of internal assessment Sport *(Example- netball- games fully opposed)*	NCFE Health and Fitness Completion of internal assessment Sport *(Example- trampolining- routines)*	NCFE Health and Fitness Revision of all course content for external exam Sport *(Example- badminton- games fully opposed)*	NCFE Health and Fitness Revision of all course content for external exam Sport *(Example- tennis- games fully opposed)*	NCFE Health and Fitness Revision of all course content for external exam
Year 12	BTEC Sport UNIT 1 LEARNING AIM A The effects of exercise and sports performance on the skeletal system. UNIT 2 A1: Positive lifestyle factors and their effects on health and well-being Exercise/physical activity A2: Negative lifestyle factors and their effects on health and well-being Smoking/stress/	BTEC Sport UNIT 1 LEARNING AIM B The effects of exercise and sports performance on the muscular system. UNIT 2 B1: Screening processes B2: Health monitoring tests B3: Interpreting the results of health monitoring tests UNIT 3 A Understand the career and job	BTEC Sport UNIT 1 LEARNING AIM C The effects of exercise and sports performance on the respiratory system. UNIT 2 C1: Common terminology C2: Components of a balanced diet C3: Nutritional strategies for individuals taking part in training programmes	BTEC Sport UNIT 1 LEARNING AIM D The effects of exercise and sports performance on the cardiovascular system. UNIT 2 D1: Components of fitness to be trained D2: Training methods for physical fitness-related components D3: Training methods for skill-related fitness components	BTEC Sport UNIT 1 LEARNING AIM E The effects of exercise and sports performance on the energy systems. LEARNING AIM F The inter relationship between the body systems in optimising sports performance. UNIT 2 E: Understand training programme design E1: Principles of fitness training programming	BTEC Sport UNIT 4 LEARNING AIM A: Sports leadership Skills qualities and characteristics of a leader Role of a leader Analysis of leaders Evaluating case studies UNIT 3 Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a

	Alcohol/Sleep A3: Lifestyle modification techniques Physical activity/Smoking/ Alcohol/Stress UNIT 3 A Understand the career and job opportunities in the sports industry.	opportunities in the sports industry.	UNIT 3 Explore own skills using a skills audit to inform a career development action plan.	UNIT 3 Explore own skills using a skills audit to inform a career development action plan.	EXAM REVISION AND PRACTICE PAPERS UNIT 3 Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway.	selected career pathway.
Year 13	BTEC Sport UNIT 4 LEARNING AIM B: Cohesion External psychological factors Social loafing Personality Motivation Anxiety and arousal Managing stress UNIT 1 LEARNING AIM E The effects of exercise and sports	BTEC Sport UNIT 4 LEARNING AIM B: Confidence Internal psychological factors Attribution theory Self confidence UNIT 3 Reflect on the recruitment and selection process and your individual performance.	BTEC Sport UNIT 4 LEARNING AIM B: Self-esteem Past experiences Behaviour Forms of leadership UNIT 3 Reflect on the recruitment and selection process and your individual performance.	BTEC Sport UNIT 3 and 4 Final revision and updates to assignment		

	performance on the energy systems LEARNING AIM F The inter relationship between the body systems in optimising sports performance UNIT 2 E: Understand training programme design E1: Principles of fitness training programming EXAM REVISION AND PRACTICE PAPERS UNIT 3 Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway.					