

Spring 1	Week Commencing	4.1.16	11.1.16	18.1.16	25.1.16	1.2.16	8.2.16	
	Topic	Respiratory system and sporting participation	Recovery process in sport	Characteristics and Benefits of Leisure and Recreation	Characteristics and Benefits of Leisure and Recreation	Definitions of Health and Fitness	Healthy Lifestyles	
	Assesment			Assessment week unit test.				
Spring 2	Week Commencing	22.2.16	29.2.16	7.3.16	14.3.16	21.3.16		
	Topic	Components of Fitness – Theory	Components of Fitness - Theory	Components of Fitness - Practical	Components of Fitness - Practical	Evaluation of Data		
	Assessment							
Summer 1	Week Commencing	11.4.16	18.4.16	25.4.16	2.5.16	9.5.16	16.5.16	23.5.16
	Topic	Skeletal System	Skeletal system	Muscular system	Muscular system	Sporting actions and analysis	Principles of Training	Principles of Training
	Assessment					Assessment week mock paper.		
Summer 2	Week Commencing	6.6.16	13.6.16	20.6.16	27.6.16	4.7.16	11.7.16	18.7.16

	Topic	Types of Training - Theory	Types of Training - Theory	Types of Training - Practical	Types of Training - Practical	Diet	Diet	Review
	Assessment							