



		(CS) Cultural context (UK)  (SP) Individual aspects – Aggression  (EP) Energy Continuums in Action	(CS) Cultural context (UK)  (SP) Individual aspects – Aggression  (EP) Analysis of energy systems in action	(CP) Cultural context (USA)  (SP) Group Dynamics – Groups and Teams  (EP) Application of knowledge to synoptic response	(CP) Cultural context (USA)  (SP) Group Dynamics – Groups and Teams  (EP) Recovery Process	(CP) Cultural context (USA)  (SP) Group Dynamics – Groups and Teams  (EP) Recovery Process Practical implications	(CP) Cultural context (USA)  (SP) Group Dynamics – Leadership  (EP) Application of Knowledge to synoptic response	(CP) Cultural context (USA)  (SP) Group Dynamics – Leadership  (EP) Revision
	Assessment					Assessment week mock paper.		
Spring 1	Week Commencing	4.1.16	11.1.16	18.1.16	25.1.16	1.2.16	8.2.16	
	Topic	G453: (CP) Cultural context (USA)  (SP) Group Dynamics –	G453: (CP) Cultural context (USA)  (SP) Group Dynamics – Social	G453: (CP) Cultural context (USA)  (SP) Group Dynamics – Social	G453: (CP) Cultural context (USA)  (SP) Group Dynamics – Social	G453: (CP) Cultural context (AUS)  (SP) Mental Preparation – Goal Setting	G453: (CP) Cultural context (AUS)  (SP) Mental Preparation – Goal Setting	

		Leadership  (EP) Aerobic capacity definitions and tests of and evaluation of tests	Facilitation  (EP) Aerobic Capacity – Types of training	Facilitation  (EP) Aerobic Capacity – Training programme	Facilitation  (EP) Types of strength and methods of evaluation	(EP) Types of Strength Training – interval and circuit	(EP) Types of Strength Training – Weight
	Assesment						
Spring 2	Week Commencing	22.2.16	29.2.16	7.3.16	14.3.16	21.3.16	
	Topic	G453: (CP) Cultural context (AUS)  (SP) Mental Preparation – Self Confidence  (EP) Types of Strength Training – Plyometrics	G453: (CP) Cultural context (AUS)  (SP) Mental Preparation – Self Confidence  (EP) Flexibility Training	G453: (CP) Cultural context (AUS)  (SP) Mental Preparation – Self Confidence  (EP) Body Compositions and calculation of BMI	G453: (CP) Cultural context (AUS)  (SP) Mental Preparation – Attentional Control  (EP) Calorie requirements and BMR	G453: (CP) Cultural context (AUS)  (SP) Mental Preparation – Emotional Control  (EP) Evaluation of Diet and Calorie consumption	
	Assessment	Assessment week mock paper.					

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	G453: (CP) Cultural context (AUS)  (SP) Mental Preparation – Emotional Control  (EP) Periodisation	G453: (CP) Cultural context (AUS)  (SP) Mental Preparation – Emotional Control  (EP) Ergogenic Aids - illegal	G453: Revision of key content  (EP) Ergogenic Aids – Legal and mechanical	G453: Revision of key content	G453: Revision of key content	G453: Revision of key content	G453: Exam Preparation
	Assessment							
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	G453: Exam Preparation	G453: Exam Preparation					
	Assessment							

