

Autumn 1	THEORY	PRACTICAL	
TOPIC 2.1a. Engagement Patterns of Different Social Groups in Physical Activity and Sport		Group 1	Group 2
W/C Mon 2 nd Sept	Participation Rates	Components of Fitness	Components of Fitness
W/C Mon 9 th Sept	Social Groups	Components of Fitness	Components of Fitness
W/C Mon 16 th Sept	Social Groups	Circuit Training	Circuit Training
W/C Mon 23 rd Sept	Factors affecting participation rates	Plyometric Circuit	Plyometric Circuit
W/C Mon 30 th Sept	Factors affecting participation rates	12 min Cooper run	12 min Cooper run
W/C Mon 7 th Oct	Strategies to improve participation in sport	HIIT Training	HIIT Training
W/C Mon 14 th Oct	End of Autumn 1 Test	Fitness	Fitness
Autumn 2	THEORY	PRACTICAL	
TOPIC 2.3 Commercialisation in sport		Group 1	Group 2
W/C Mon 4 th Nov	Commercialisation – Intro/What is it?	Handball	Hockey
W/C Mon 11 th Nov	Media (types)	Handball	Hockey
W/C Mon 18 th Nov	Golden Triangle/Positive & -Negative effects of media	Handball	Hockey
W/C Mon 25 th Nov	Sponsorship Types	Handball	Hockey
W/C Mon 2 nd Dec	Effects of Sponsorship	Handball	Hockey
W/C Mon 9 th Dec	Therapy Lesson	Handball	Hockey
W/C Mon 16 th Dec	End of Autumn 2 Test	Handball	Hockey
Spring 1	THEORY	PRACTICAL	
TOPIC 2.1c Ethical & Socio Cultural Issues in Physical Activity & Sport		Group 1	Group 2
W/C Mon 6 th Jan	Sportsmanship/Gamesmanship	AEP	Handball
W/C Mon 13 th Jan	Deviance/violence sport	AEP	Handball
W/C Mon 20 th Jan	Drugs in Sport/Violence in sport	AEP	Handball
W/C Mon 27 th Jan	Goal Setting	AEP	Handball
W/C Mon 3 rd Feb	Characteristics/Classification of skilful movement	AEP	Handball
W/C Mon 10 th Feb	End of Spring 1 Test	AEP	Handball
Spring 2	THEORY	PRACTICAL	
TOPIC 2.2 Sports Psychology		Group 1	Group 2
W/C Mon 24 th Feb	Mental Preparation	Netball/Bad/TT	AEP
W/C Mon 2 nd Mar	Types of Guidance	Netball/Bad/TT	AEP
W/C Mon 9 th Mar	Diet and Nutrition	Netball/Bad/TT	AEP
TOPIC 2.3 Health, Fitness and Wellbeing		Netball/Bad/TT	AEP
W/C Mon 16 th Mar	Characteristics/Classification of skilful movement	Netball/Bad/TT	AEP
W/C Mon 23 rd Mar	Therapy Lesson	Netball/Bad/TT	AEP
W/C Mon 30 th Mar	End of Spring 2 Test	Netball/Bad/TT	AEP
Summer 1	THEORY	PRACTICAL	
ANALYSING & EVALUATING PERFORMANCE (AEP)		Group 1	Group 2
W/C Mon 20 th Apr	AEP	Athletics	Athletics
W/C Mon 27 th Apr	AEP	Athletics	Athletics
W/C Mon 4 th May	AEP	Athletics	Athletics
W/C Mon 11 th May	AEP	Athletics	Athletics
W/C Mon 18 th May	AEP	Athletics	Athletics
Summer 2	THEORY	PRACTICAL	
W/C Mon 1 st June	AEP	Athletics	Athletics
W/C Mon 8 th June	AEP	Athletics	Athletics
W/C Mon 15 th June	AEP	Athletics	Athletics
W/C Mon 22 nd June	End of Year test – Paper 2	Athletics	Athletics
W/C Mon 29 th June	Therapy of end of year exam	Athletics	Athletics
W/C Mon 6 th July	Therapy for end of year exam	Athletics	Athletics
W/C Mon 13 th July	Therapy for end of year exam	Athletics	Athletics