

Autumn 1		THEORY		PRACTICAL	
TOPIC 1.1a. The Structure & Functions of the Skeletal System				Group 1	Group 2
W/C Mon 2 nd Sept	Bones		Bleep Test	Bleep Test	
W/C Mon 9 th Sept	Functions		Fitness	Fitness	
W/C Mon 16 th Sept	Joints		Fitness	Fitness	
W/C Mon 23 rd Oct	Roles of Ligaments		Fitness	Fitness	
TOPIC 1.1b. The Structure & Functions of the Muscular System				Group 1	Group 2
W/C Mon 30 th Oct	Muscles Names		Fitness	Fitness	
W/C Mon 7 th Oct	Antagonistic Pairs		Fitness	Fitness	
W/C Mon 14 th Oct	Therapy Lesson		Fitness	Fitness	
Autumn 2		THEORY		PRACTICAL	
Topic 1.2a Components of Fitness				Group 1	Group 2
W/C Mon 4 th Nov	End of Autumn 1 Test		Bleep Test	Bleep Test	
W/C Mon 11 th Nov	Components of Fitness		Table Tennis	Trampolining	
W/C Mon 18 th Nov	Components of Fitness		Table Tennis	Trampolining	
Topic 1.3c Preventing Injury in Physical Activity and Training				Group 1	Group 2
W/C Mon 25 th Nov	Preventing Injury in Physical Activity – Lesson 1		Table Tennis	Trampolining	
W/C Mon 2 nd Dec	Preventing Injury in Physical Activity – Lesson 2		Table Tennis	Trampolining	
W/C Mon 9 th Dec	Therapy Lesson		Table Tennis	Trampolining	
W/C Mon 16 th Dec	End of Autumn 2 test		Table Tennis	Trampolining	
Spring 1		THEORY		PRACTICAL	
Topic 1.2b Principles of Training				Group 1	Group 2
W/C Mon 6 th Jan	Principles of Training - SPOR		Football	Badminton	
W/C Mon 13 th Jan	Principles of Training - FITT		Football	Badminton	
W/C Mon 20 th Jan	Methods of Training		Football	Badminton	
W/C Mon 27 th Jan	Methods of Training		Football	Badminton	
W/C Mon 3 rd Feb	Exercise Session		Football	Badminton	
W/C Mon 10 th Feb	End of Spring 1 Test		Football	Badminton	
Spring 2		THEORY		PRACTICAL	
TOPIC 1.1c Movement Analysis				Group 1	Group 2
W/C Mon 24 th Feb	Introduction to Levers		Bleep Test	Bleep Test	
W/C Mon 2 nd Mar	Classes of Levers		Basketball	Basketball	
W/C Mon 9 th Mar	Mechanical Advantage		Basketball	Basketball	
W/C Mon 16 th Mar	Planes of Movement		Basketball	Basketball	
W/C Mon 23 rd Mar	Axes of Rotation		Basketball	Basketball	
W/C Mon 30 th Mar	Planes & Axes Combined		Basketball	Basketball	
Summer 1		THEORY		PRACTICAL	
TOPIC 1.1d Cardiovascular & Respiratory Systems				Group 1	Group 2
W/C Mon 20 th Apr	End Of Spring 2 Test		Bleep Test	Bleep Test	
W/C Mon 27 th April	Blood Vessels		Athletics (Sprints/Dist)		
W/C Mon 4 th May	The Heart		Athletics (Sprints/Dist)		
W/C Mon 11 th May	Pathway of Air		Athletics (Sprints/Dist)		
W/C Mon 18 th May	Mechanics of breathing		Athletics (Jav/Shot)		
Summer 2		THEORY		PRACTICAL	
Topic 1.1d Cardiovascular & Respiratory Systems					
W/C Mon 1 st June	Aerobic & Anaerobic Respiration		Athletics (Jav/Shot)		
Topic 1.1e Effects of Exercise on the Body					
W/C Mon 8 th June	Short Term Effects of Exercise on the Body		Athletics (Jav/Shot)		
W/C Mon 15 th June	Long Term Effects of Exercise on the Body		Athletics (Jav/Shot)		
W/C Mon 22 nd June	End of Year test - Paper 1		Athletics (LJ/HJ)		
W/C Mon 29 th June	Therapy Lesson		Athletics (LJ/HJ)		
W/C Mon 6 th July	Therapy Lesson		Athletics (LJ/HJ)		
W/C Mon 13 th July	Therapy Lesson		Athletics (LJ/HJ)		