

Year 10

Autumn Term 1	Spring Term 1	Summer Term 1
Paper 1: Topic 3 Components of fitness, fitness testing, data collection, methods of training	Paper 1: Topic 3 Training intensities, warm up and cool down, injury prevention, high altitude training, seasonal aspects Paper 2: Topic 3 Physical, mental and social wellbeing, nutrition	Paper 2: Topic 2 Guidance, feedback, goal setting, information processing
Autumn Term 2	Spring Term 2	Summer Term 2
Paper 1: Topic 3 Methods of training, principles of training	Paper 2: Topic 3 Nutrition, hydration, sedentary lifestyle, obesity, somatotypes Paper 2: Topic 1 Skill classification, arousal	Paper 2: Topic 2 Aggression, personality, motivation Paper 2: Topic 2 Engagement patterns, commercialisation

Year 11

Autumn Term 1	Spring Term 1	Summer Term 1
Paper 2: Topic 2 Technology, conduct of performers, performance enhancing drugs, spectator behaviour	Paper 1: Topic 1 Respiratory system, cardiovascular system, immediate, short and long term effects of exercise	
Autumn Term 2	Spring Term 2	Summer Term 2
Paper 1: Topic 1 Skeletal system, Synovial joints, muscular system, ranges of movement	Paper 1: Topic 2 Lever systems, planes and axis	