



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	Topics: Skeletal & Muscular systems	Topics: Cardio-respiratory system	Topics: Energy, short & long term effects of exercise Practical fitness testing Practical HR & plotting graphs		Topics: Fitness tests Injury Warm up & cool down Review & reteach Skeletal & Muscular systems Cardio-respiratory system Practical athletics	
	Controlled assessment 1&2 Oct Half Term Controlled assessment 3 Dec		Controlled assessment 4 Feb Controlled assessment 5 March		Paper 1 mock	
11	Topics: Movement analysis – Levers, planes & axes Health, fitness & well-being Diet Sports psychology – Goal Setting Climbing moderation PEP initial draft submitted		Topics: Sports psychology – Guidance & Feedback Socio-cultural influences PEP final submission Feb Half term Final practical grades submitted to moderator		PEP grades submitted to moderator 15 May Final Exams Paper 1 out of 80 – 1hour30mins Paper 2 out of 60 – 1hour15mins	
	Mock exam- Paper 1 & 2		Practical assessment days		Visiting moderation	