



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9	<b>Topics:</b> Skeletal & Muscular systems	<b>Topics:</b> Cardio-respiratory system	<b>Topics:</b> Energy, short & long term effects of exercise Practical fitness testing Practical HR & plotting graphs		<b>Topics:</b> Fitness tests Injury Warm up & cool down Review & reteach Skeletal & Muscular systems Cardio-respiratory system <b>Practical athletics</b>	
10	<b>Topics:</b> Movement analysis Levers, planes & axes  (Review & Reteach yr.9 topics)		<b>Topics:</b> Health, fitness & well-being Diet  (Review & Reteach yr.9 topics)		<b>Topics:</b> Socio-cultural influences PEP  <b>Practical athletics moderation at Wodson Park</b>  (Review & Reteach yr.9 topics)	
11	<b>Topics:</b> Sports psychology Goal Setting Guidance & Feedback  <b>PEP coursework Completion</b>		<b>Topics:</b> Review and reteach content from Paper 1 & 2			