

	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
YEAR 10	<p><u>Preparing to take part in sport</u></p> <p><u>Learning Aim A:</u> Explore types of provision of sport and activity for different types of participants</p>	<p><u>Preparing to take part in sport</u></p> <p><u>Learning Aim B:</u> Examine equipment and technology for participants to use when taking part in sport and physical activity</p>	<p><u>Preparing to take part in sport</u></p> <p><u>Learning Aim C:</u> To be able to prepare participants to take part in sport and physical activity</p>	<p><u>Taking part and improving other participants sporting performance</u></p> <p><u>Learning Aim A:</u> Understand how different components of fitness are used in different physical activities</p>	<p><u>Taking part and improving other participants sporting performance</u></p> <p><u>Learning Aim B:</u> Be able to participate in sport and understand the roles and responsibilities of officials</p>	<p><u>Taking part and improving other participants sporting performance</u></p> <p><u>Learning Aim C:</u> Demonstrate ways to improve participants sporting techniques</p>
YEAR 11	<p><u>Principles of personal training</u></p> <p><u>Learning aim A:</u> Design a personal fitness training programme</p>	<p><u>Principles of personal training</u></p> <p><u>Learning aim B:</u> Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training</p>	<p><u>Principles of personal training</u></p> <p><u>Learning aim C:</u> Implement a self-designed personal fitness training programme to achieve own goals and objectives</p>	<p><u>Principles of personal training</u></p> <p><u>Learning aim D:</u> Review a personal fitness training programme</p>		