

Year 10

	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Practical	Football - continuous assessment	Basketball-continuous assessment	Badminton-continuous assessment	Volleyball-continuous assessment	Rounders-continuous assessment	Rounders-continuous assessment
Theory	Unit 1 - Introduction to Health & Fitness Unit 1 test	Unit 2-Flexibility Unit 2 test	Unit 3 Strength Unit 3 test	Unit 4 Stamina	Unit 4 Stamina Unit 4 test Revision	Unit 5 Injuries Unit 5 test
Coursework	Area E - lead a warm up for football Area D - observation of video evidence (football) Area C - rules -test understanding and knowledge	Area E - act as an official for basketball Area D - analysis of self Area C - - rules -test understanding and knowledge	Personal Exercise Programme Plan & Perform	Write up Exercise Programme	Make improvements to exercise programme	Revision for Y10 exam Feedback on exams

Year 11

	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Practical	Improve weak areas	Improve weak areas	Prepare for moderation	Revision for final exam	Revision for final exam	
Theory 1	Unit 6 Factors affecting Fitness	Unit 6 Factors affecting Fitness Unit 6 Test Revision for Trial Exam	Unit 8 Social and Cultural factors affecting Participation	Revision for final exam	Revision for final exam	
Theory 2	Unit 7 Factors affecting Individual Performance and Participation	Unit 7 Factors affecting Individual Performance and Participation Unit 7 Test	Unit 8 Social and Cultural factors affecting Participation Unit 8 test	Revision for final exam	Revision for final exam	