

Autumn 1			
Week Commencing	Topic	Extended learning	Assessment
6th September	The World of Sport	Rules and Regulations in Sport	Assessed Task 1: Rules & Regulations
12th September			
19th September			
26th September		Role of Officials and Decision Making as an Official	Assessed Task 2: Roles & Responsibilities of Officials
3rd October		Techniques & Tactics	Assessed Task 3: Observing, Planning & Leading
10th October		Observational Skills	
17th October			
Autumn 2			
Week Commencing	Topic	Extended learning	Assessment
1st November	The World of Sport	Planning a Session: 1	Assessed Task: Evaluating a Session
7th November		Planning a Session: 2	
14th November		What skills make a good Sports Leader?	Assessed Task 4: Good Sports Leaders
21st November		What qualities make a good Sports Leader?	
28th November		What responsibilities make a good Sports Leader?	
5th December			
12th December			

Spring 1			
Week Commencing	Topic	Extended learning	Assessment
3rd January	Healthy Lifestyles	Components of Fitness	Assessed Task 1: Fitness Components
9th January			
16th January		Body Readiness & Body Mass Index	Assessed Task 2: Calculating BMI
23rd January			
30th January		Fitness Testing: Speed	Assessed Task 3: Fitness Testing
6th February		Fitness Testing: Muscular Endurance	
13th February		Fitness Testing: Aerobic Endurance & Flexibility	
Spring 2			
Week Commencing	Topic	Extended learning	Assessment
27th February	Healthy Lifestyles	Fitness Testing: Strength, Reaction Time & Balance	Assessed Task 3: Fitness Testing
6th March		Fitness Testing: Body Composition	
13th March		Fitness Testing: Power & Agility	
20th March		Types of Training	Assessed Task 4: Applying Knowledge
27th March		Principles of Sport (S.P.O.R.T./F.I.T.T.) & Evaluating/Improving Fitness Levels	
3rd April		Fitness Training Programmes	

Summer 1			
Week Commencing	Topic	Extended learning	Assessment
24th April	2: Practical Sports Performance. Assignment 2 (Practical), Assignment 1/3 (Theory). Assessor: MX/BS/JS/GM. IV: MX/BS/JS/GM	Learning Aim A: Sports Rules, Regulations and Scoring Systems	Learning Aim A: External Assessment - 2A.P1 - 2A.P3, 2A.P2, 2A.D1
1st May			
8th May			
15th May			
22nd May			
Summer 2			
Week commencing	Topic	Extended learning	Assessment
5th June	2: Practical Sports Performance. Assignment 2 (Practical), Assignment 1/3 (Theory). Assessor: MX/BS/JS/GM. IV: MX/BS/JS/GM	Learning Aim A: Sports Rules, Regulations and Scoring Systems	Learning Aim A: External Assessment - 2A.P1 - 2A.P3, 2A.P2, 2A.D1
12th June			
19th June			
26th June			
3rd July			
10th July			
17th July			