

Week	Dates (wb)	Wk	Year 9 (Liberal Arts - Strength & Conditioning)	Year 9 (Liberal Arts - Sports Leaders)	Year 10 (GCSE PE)	Year 11 (GCSE PE)	Year 10 (Sports & Coaching)	Year 11 (Sports & Coaching)
0	30/08/2021							
1	06/09/2021	A	Introduction to Strength & Conditioning	Introduction to Sports Leaders	Health, Fitness & Well-being	Phased return	AC2.1 (Health) Components of fitness	Unit 3: AC2.1 Meeting the needs of participants
2	13/09/2021	B	Developing Movement Standards	U1: Developing Leadership Skills LO1: Know the skills & behaviours	The contribution physical activity makes to health & fitness	Component 1: Topic 3.4 Long term effect of exercise	AC2.1 (Skill) Components of fitness	Unit 3: AC2.2 The stages and components of a session
3	20/09/2021	A	Understanding The Role of Fitness Testing	U1: Developing Leadership Skills Developing own leadership skills	Consequences of a sedentary lifestyle	Component 1: Topic 3.5 Performance enhancing drugs	AC2.2 Components of fitness of an individual	Unit 3: AC2.3 Planning a session
4	27/09/2021	B	Identifying the Different Components of Fitness	U1: Developing Leadership Skills Developing own leadership skills	Diet and nutrition	RA7	AC2.3 Why testing is important	Unit 3: AC2.3 Planning a session
5	04/10/2021	A	Participate and Programme Different Training Methods	U1: Developing leadership skills Understand the roles and responsibilities of a Sports Leader	Warm up & Cool Down	Component 2: Topic 3.1 Sporting Behaviours	In class assessment of AC2	Unit 3: AC2.3 Planning a session
6	11/10/2021	B	Identify the Different Muscles in the Body	U2: Plan, assist & review sport/physical activity Plan appropriate activities	Data Analysis	Component 3: Practical Hockey	AC3.1 Principles of Training	Unit 3: AC1.1 Coaching Skills
7	01/11/2021	A	Understand the use of Different Energy Systems	U2: Plan, assist & review sport/physical activity Plan appropriate activities	Muscle contractions	RA8	AC3.2 The methods of training for components of fitness.	Unit 3: AC1.1 Coaching Skills
8	08/11/2021	B	Exercise Programming for Individuals	U2: Plan, assist & review sport/physical activity Leading an appropriate activity	Lever system	Component 2: Topic 3.2 Commercialisation	AC3.3 Factors to consider for training: Personal	Unit 3: AC1.1 Coaching Skills
9	15/11/2021	A	Exercise Programming for Sports Performance	U2: Plan, assist & review sport/physical activity Review their role in leading	Sports technology	Component 3: Practical Table Tennis	AC3.3 Factors to consider for training: Environmental	Unit 3: AC1.1 Coaching Skills
10	22/11/2021	B	Training for Progress	U3: Assist in the Planning & Leading an Event Understand the different types of event	Data analysis	Component 1: Topic 3.1 Components of Fitness	AC3.3 Factors to consider for training: Session Structure	Unit 3: AC1.2 responsibilities needed
11	29/11/2021	A	Personalised Training Programme	U3: Assist in the Planning & Leading an Event Assist in the planning of an event	Information processing	Component 1: Topic 3.3 Training Methods	AC4.1 setting appropriate targets: Goal Setting	Unit 3: AC2.1 Meeting the needs of participants
12	06/12/2021	B	Personalised Training Programme	U3: Assist in the Planning & Leading an Event Assist in the planning of an event	Guidance	Mock exams	AC4.2 sequence training programme	Unit 3: AC1.1 Review coaching session
13	13/12/2021	A	Personalised Training Programme	U3: Assist in the Planning & Leading an Event Assist in leading leading an event	Mental preparation			Mock exams
14	03/01/2022	B	Introduction to Strength & Conditioning	Introduction to Sports Leaders	Motivation	Assessment Analysis	In class assessment of AC3&4 (+AC2)	Unit 3: AC1.1 Coaching Skills
15	10/01/2022	A	Developing Movement Standards	U1: Developing Leadership Skills LO1: Know the skills & behaviours	Characteristics of a skilled performance	Component 1: Topic 2 Movement Analysis	AC1.1 Structure of body systems: Cardio-Vascular	Unit 3: AC1.2 responsibilities needed
16	17/01/2022	B	Understanding The Role of Fitness Testing	U1: Developing Leadership Skills Leadership skills & behaviours	Classifications of skills	Component 1: Topic 2 Movement Analysis	AC1.2 Function of body systems: Cardio-Vascular	Unit 3: AC2.1 Meeting the needs of participants
17	24/01/2022	A	Identifying the Different Components of Fitness	U1: Developing Leadership Skills Developing own leadership skills	Types of practice	WTM	AC1.1 Structure of body systems: Respiratory	Unit 3: AC1.1 Coaching Skills
18	31/01/2022	B	Participate and Programme Different Training Methods	U1: Developing leadership skills Understand the roles and responsibilities of a Sports Leader	Data analysis	RA10	AC1.2 Function of body systems: Respiratory	Unit 3: AC1.2 responsibilities needed
19	07/02/2022	A	Identify the Different Muscles in the Body	U2: Plan, assist & review sport/physical activity Plan appropriate activities	Participation	Assessment Analysis	AC1.1 Structure of body systems: Muscular	Unit 3: AC2.1 Meeting the needs of participants
20	21/02/2022	B	Understand the use of Different Energy Systems	U2: Plan, assist & review sport/physical activity Plan appropriate activities	Provision	Assessment Analysis	AC1.1 Structure of body systems: Skeletal	Unit 3: AC2.1 Meeting the needs of participants
21	28/02/2022	A	Exercise Programming for Individuals	U2: Plan, assist & review sport/physical activity LO3: Be able to leading an appropriate activity	Performance	Assessment Analysis	AC1.2 Function of body systems: Skeletal	Unit 3: AC2.1 Meeting the needs of participants
22	07/03/2022	B	Exercise Programming for Sports Performance	U2: Plan, assist & review sport/physical activity LO4: Review their role in leading	Data analysis	Assessment Analysis	AC1.2 Function of body systems: Energy	Unit 3: AC2.1 Meeting the needs of participants
23	14/03/2022	A	Training for Progress	U3: Assist in the Planning & Leading an Event Understand the different types of event		Assessment Analysis	In class assessment of AC1	
24	21/03/2022	B	Personalised Training Programme	U3: Assist in the Planning & Leading an Event Assist in the planning of an event		WTM	AC1.3 Short term effects of exercise	Consolidation
25	28/03/2022	A	Personalised Training Programme	U3: Assist in the Planning & Leading an Event Assist in leading leading an event		RA11	AC1.4 Long term effects of exercise	
26	04/04/2022	B	Introduction to Strength & Conditioning	Introduction to Sports Leaders		Assessment Analysis	In class assessment of AC1	
27	25/04/2022	A	Developing Movement Standards	U1: Developing Leadership Skills LO1: Know the skills & behaviours		Assessment Analysis	REVISION AC2	
28	02/05/2022	B	Understanding The Role of Fitness Testing	U1: Developing Leadership Skills Leadership skills & behaviours		WTM	REVISION AC3	
29	09/05/2022	A	Identifying the Different Components of Fitness	U1: Developing Leadership Skills Developing own leadership skills		WTM	REVISION AC4	
30	16/05/2022	B	Participate and Programme Different Training Methods	U1: Developing leadership skills Understand the roles and responsibilities of a Sports Leader			REVISION AC1	
31	23/05/2022	A	Identify the Different Muscles in the Body	U2: Plan, assist & review sport/physical activity Know how to plan appropriate activities			U2 External Exam	
32	06/06/2022	B	Understand the use of Different Energy Systems	U2: Plan, assist & review sport/physical activity Plan appropriate activities			AC1.1 Physiological factor: Components of Fitness	
33	13/06/2022	A	Exercise Programming for Individuals	U2: Plan, assist & review sport/physical activity Leading an appropriate activities			AC1.1 Physiological factor: Diet & Lifestyles	
34	20/06/2022	B	Exercise Programming for Sports Performance	U2: Plan, assist & review sport/physical activity Review their role in leading			AC2.1 Physiological procedures: Fitness Tests	
35	27/06/2022	A	Training for Progress	U3: Assist in the Planning & Leading an Event Understand the different types of event			AC3.1 Strategies to improve physiological performance: Planning training	
36	04/07/2022	B	Personalised Training Programme	U3: Assist in the Planning & Leading an Event Assist in the planning of an event			AC3.1 Strategies to improve physiological performance: recovery & diet	
37	11/07/2022		Activities week		Activities week		Activities week	