Subject Purpose: Develop a life long love of sport and an appreciation of physical activity.

Subject Long Term Plan

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
	Component 1: Learning Aim A: Understand how different sports/activities have changed over time						
	Learning outcome 1: Know how ways to improve participant sporting technique.						
Sep 18	1a Techniques, strategies and fitness required for different sports	1b Techniques, strategies and fitness required for different sports	1c Difficulties in sport	1d Difficulties in sport	1E Rules and regulations in sports	1E Rules and regulations in sports	1E Rules and regulations in sports
	Learning outcome 2: Demonstrate ways to improve participant sporting techniques						
Sep 19	2.1 Skills to improve sporting and balance	2.1 Skills to improve sporting and balance	Year 10 - PSA preparation in-depth marking	PSA Task 1 - In-depth marking - Components of Fitness	PSA Task 1 - In-depth marking - Components	PSA Task 1 / 2 - In-depth marking / Planning a session / skills	
	Unit 1: Anatomy and Physiology - A. The effects of exercise and sports performance on the skeletal system						
Sep-12 Oct	1A Structure of skeletal system	1A Function of skeletal system	1B Types of skeletal muscle	1B Responses of the muscular system to a single sport or exercise session	1C Adaptations of the skeletal system to exercise	1D Additional factors affecting the skeletal system	In-depth marking - Mock PSA
	Unit 2: Unit 2: Fitness Training and Programming for Health, Sport and Well-being - A Business lifestyle Series and their effect on health and well-being - B Understand the screening processes for training programming						
Nov 12-Dec 8	Introduction to the course and the assessment criteria	Positive lifestyle factors	Negative lifestyle factors	Classification techniques			In-depth marking - Mock Assessment of learning
	Unit 3: Unit 3: Professional Development in the Sports - A. Understand the career and job opportunities in the sports industry						
Dec 12-Jan 5	Course note	Skills audit and Goal analysis	Career pathway to skills audit	Development plan	Report		
	Unit 4: Sports Leadership - Learning aim A: Understand the roles, qualities and characteristics of an effective sports leader						
Jan 5-Jan 26	Introduction to coaching theory and styles	Key roles, qualities, characteristics and application	Key importance and effective use of skills, qualities and characteristics when leading	The application of skills qualities and characteristics of specific chosen sports leaders			

	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
	Learning outcome 2: Know how ways to improve participant sporting technique.				**COMPLETE PSA**		
Sep 18	2.1 Planning skills and practices to help improve participant's sports in different sports	2.1 Planning skills and practices to help improve participant's sports in different sports	PSA preparation in-depth marking	PSA Task 1 - In-depth marking	PSA Task 2 - In-depth marking	PSA Task 3 - In-depth marking	PSA Task 3 - In-depth marking
	Component 1: Learning outcome - A. Explore the importance of fitness for sports performance						
Sep 19	1.1 Introduction to fitness	1.1 Levels of fitness	1.1 Fitness tests		1B Fitness tests (practicals and written skills)	1.1 Fitness tests (written skills)	In-depth Marking - Exam questions (sporting skills)
	Unit 1: Anatomy and Physiology - A. The effects of exercise and sports performance on the muscular system						
Sep-12 Oct	1B Characteristics and functions of different types of muscle	1B Antagonistic muscle pairs	1B Types of skeletal muscle	1B Responses of the muscular system to a single sport or exercise session	1C Adaptations of the muscular system to exercise	1D Additional factors affecting the muscular system	In-depth marking - Mock PSA
	Unit 2: Unit 2: Fitness Training and Programming for Health, Sport and Well-being - C. Understand programme related nutritional needs						
Nov 12-Dec 8	Analysis of a healthy Diet	In-depth marking - Mock Assessment of learning	Review of LO				
	Unit 3: Unit 3: Professional Development in the Sports - Learning aim B: Explore own skills using a skills audit to inform a career development action plan						
Dec 12-Jan 5	In-depth marking - Mock Assessment of learning	Review of LO					
	Unit 4: Sports Leadership - Learning aim B: Understand the importance of psychological factors and their link with effective leadership						
Jan 5-Jan 26	Psychological factors that could impact on leadership		Key characteristics in sports leadership				

	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21
	Component 1: Learning aim A - An understanding of how different types of sport and physical activities that people may choose to take part in and will be able to participate in sport and physical activities from different eras						
Sep 18	1a Types and characteristics of sport and physical activities	1a Types and characteristics of sport and physical activities	1b Barriers to participation in sport and physical activities for different types of participant	1c Methods to address barriers to participation in sport and physical activities for different types of participant	1c Methods to address barriers to participation in sport and physical activities for different types of participant	In-depth marking - Mock PSA	
	Component 1: Learning outcome: B. Investigate fitness testing to determine fitness levels						
Sep 19	1B Importance of fitness testing and the use of standardised and fitness data	1B Fitness test methods for components of physical fitness	1B Fitness test methods for components of physical fitness	1B Fitness test methods for components of skill related fitness	1B Fitness test methods for components of skill related fitness	1B Interpretation of fitness test results	In-depth Marking - Exam questions (sporting skills)
	Unit 1: The effects of exercise and sports performance on the respiratory system						
Sep-12 Oct	1B Structure of the respiratory system	1B Function of the respiratory system	1B Inside of the lungs	1C Control of breathing	1C Responses of the respiratory system to a single sport or exercise session	1C Adaptations of the respiratory system to exercise	1C7 Additional factors affecting the respiratory system
	Unit 2: Unit 2: Fitness Training and Programming for Health, Sport and Well-being - D Appraise training methods for different components of fitness						
Nov 12-Dec 8	Exercise methods						
	Unit 3: Unit 3: Professional Development in the Sports - Learning aim C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway						
Dec 12-Jan 5	Preparation of documents	Recruitment activities and interviews					
	Unit 4: Sports Leadership - Learning aim C: Explore an effective leadership style when leading a team during sport and exercise activities						
Jan 5-Jan 26	Key in-class sports leadership sessions			Review of sports leadership sessions			

	Week 22	Week 23	Week 24	Week 25	Week 26	Week 27	Week 28
	Component 1: Learning outcome 1: Know how ways to improve participant sporting technique.						
Sep 18	1b Different types of sports clothing and equipment required for participants in sport and physical activity	1c Different types of technology and their benefits to improve sport and physical activity participation and performance	1c Different types of technology and their benefits to improve sport and physical activity participation and performance	1c The initiations to improve sport and physical activity	1c Planning a warm up - 1.1 Adapting a warm up for different categories of participants taking into account: physical activities	1c Delivering a warm up to prepare participants for physical activity	
	Component 1: Learning outcome C: Investigate different fitness training methods						
Sep 19	1C Requirements for fitness training - following fitness training methods	1C Fitness training methods for physical components of fitness	1C Fitness training methods for skill related components of fitness	1C Additional requirements for fitness training methods	1C Principles of fitness training - fitness training methods	1C The effects of long term fitness training on the body systems	In-depth Marking - Exam questions (sporting skills)
	Unit 1: The effects of exercise and sports performance on the cardiovascular system						
Sep-12 Oct	In-depth marking - Mock Unit - LAB and PSA	1B Structure of the cardiovascular system	1B Function of the cardiovascular system	1C1 Responses of the cardiac system	1C2 Responses of the vascular system	1C3 Adaptations of the cardiovascular system to exercise	1C4 Additional factors affecting the cardiovascular system
	Unit 2: Unit 2: Fitness Training and Programming for Health, Sport and Well-being - E Understand training programme design						
Nov 12-Dec 8	Impromptu and bespoke training plans			Basic principles of training	Additional Principles of training		
	Unit 3: Unit 3: Professional Development in the Sports - Learning aim C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway						
Dec 12-Jan 5	Recruitment activities and interviews			Review of performance			
	Unit 4: Sports Leadership - Learning aim C: Explore an effective leadership style when leading a team during sport and exercise activities						
Jan 5-Jan 26	Evaluation of sports leadership sessions			SMART analysis and summarisation of all assessment work			

	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35
	Component 1: Learning outcome 1: Know how ways to improve participant sporting technique.						
Sep 18	1c Planning a warm down for participants in sport and physical activity	1c Planning a warm down for participants in sport and physical activity	1c Planning a warm down for participants in sport and physical activity	1c Planning a warm down for participants in sport and physical activity	1c Planning a warm down for participants in sport and physical activity	1c Planning a warm down for participants in sport and physical activity	
	Component 1: Learning outcome B: Investigate fitness testing to determine fitness levels						
Sep 19	1B Personal information to enhance training programme design	1B Fitness assessments design	1B Motivational techniques for fitness programming				
	Unit 1: The effects of exercise and sports performance on the energy system						
Sep-12 Oct	1C The role of ATP in exercise	1C The ATP-PC system in exercise and sports performance	1C1 The lactate system in exercise and sports performance	1C2 Adaptations of the energy system to exercise	1C3 Additional factors affecting the energy systems	In-depth marking - Mock PSA	Final papers
	Unit 2: Unit 2: Fitness Training and Programming for Health, Sport and Well-being - F Understand the nature of a healthy diet						
Nov 12-Dec 8	Review of LO						
	Unit 3: Unit 3: Professional Development in the Sports - Learning aim D: Reflect on the recruitment and selection process and your individual performance						
Dec 12-Jan 5	In-depth marking - Mock Assessment of learning	Review of learning and feedback	COMPLETE PSA	Analysis of LO Teacher / Peer/Employer			
	Unit 4: Sports Leadership - Learning aim D: Explore an effective leadership style when leading a team during sport and exercise activities						
Jan 5-Jan 26	Analysis of sports leadership sessions						

	Week 36	Week 37	Week 38	Week 39	Week 40	Week 41	Week 42
	Component 1: Learning outcome 1: Know how ways to improve participant sporting technique.						
Sep 18	1c Personal information to enhance training programme design	1c Fitness assessments design	1c Motivational techniques for fitness programming				
	Component 1: Learning aim B: Investigate fitness programming to improve fitness and sports performance						
Sep 19	1B Personal information to enhance training programme design	1B Fitness assessments design	1B Motivational techniques for fitness programming	In-depth Marking - Mock PSA	Final papers		
	Unit 1: The effects of exercise and sports performance on the energy system						
Sep-12 Oct	In-depth marking - Mock Unit - LAB and PSA	Review of learning and feedback	COMPLETE PSA	Analysis of LO Teacher / Peer/Employer			
	Unit 2: Unit 2: Fitness Training and Programming for Health, Sport and Well-being - G Understand the ethical issues in health and well-being						
Nov 12-Dec 8	Review of LO						
	Unit 3: Unit 3: Professional Development in the Sports - Learning aim D: Reflect on the recruitment and selection process and your individual performance						
Dec 12-Jan 5	In-depth marking - Mock Assessment of learning	Review of learning and feedback	COMPLETE PSA	Analysis of LO Teacher / Peer/Employer			
	Unit 4: Sports Leadership - Learning aim D: Explore an effective leadership style when leading a team during sport and exercise activities						
Jan 5-Jan 26	Analysis of sports leadership sessions						