



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	<b>Topics:</b> Skeletal & Muscular systems	Cardio-respiratory system	<b>Topics:</b> Movement analysis  Levers, planes & axes  Energy, short & long term effects of exercise  Practical HR & plotting graphs  Fitness tests	Energy, short & long term effects of exercise  Practical HR & plotting graphs  Components of Fitness	<b>Topics:</b> Introduction to PEP coursework (including Practical fitness testing)  Goal Setting	Injury  Warm up & cool down  Diet  Health, fitness & well-being  <b>Practical athletics and moderation at Carver Barracks</b>
11	<b>Topics:</b> Sports psychology  Classification of skills  Socio-cultural influences  Guidance & Feedback  <b>PEP coursework Completion</b>	Deviance, sportsmanship & gamesmanship  Commercialisation, the media and sport	<b>Topics:</b> Review and reteach content from Paper 1 exam	Review and reteach content from Paper 2 exam		