

Week Commencing	Lesson Topic	Intervention Session Theme (Tuesdays, Both Weeks)	Revision Theme 1	Revision Theme 2
8 <sup>th</sup> January 2018 (wk2)	Socio-cultural influences 1	No Session this week	Structure, Types and Movements occurring at Joints	Components of Fitness: Testing and Training
15 <sup>th</sup> January 2018 (wk1)	Socio-cultural influences 2	Structure, Types and Movements occurring at Joints	Muscles, Contractions and Movement Analysis	Bones, Structure and Function of the Skeletal System
22 <sup>nd</sup> January 2018 (wk2)	Commercialisation in Sport 1	Muscles, Contractions and Movement Analysis	Cardio-Respiratory System 1 – Breathing and Gaseous Exchange	Movement Analysis – including levers, axes and planes
29 <sup>th</sup> January 2018 (wk1)	Commercialisation in Sport 1	Cardio-Respiratory System 1 – Breathing and Gaseous Exchange	Cardio-Respiratory System 2 – Heart, Vessels, Pathway of Blood	Components of Fitness: Testing and Training
5 <sup>th</sup> February 2018 (wk2)	Etiquette, Sportmanship & Gamesmanship	Cardio-Respiratory System 2 – Heart, Vessels, Pathway of Blood	Bones, Structure and Function of the Skeletal System	Classification of skills, goal setting and SMART
<b>HALF TERM</b>			<b>Revision Quizzes</b>	<b>Revision Quizzes</b>
19 <sup>th</sup> February 2018 (wk1)	Performance Enhancing Drugs	Aerobic/Anaerobic Exercise – including recovery and EPOC	Movement Analysis – including levers, axes and planes	Arousal and Aggression
26 <sup>th</sup> February 2018 (wk2)	Spectator Behaviour & Hooliganism	Movement Analysis – including levers, axes and planes	Components of Fitness: Testing and Training	Performance Enhancing Drugs
5 <sup>th</sup> March 2018 (wk1)	Physical, Mental, Social Health and Fitness	Components of Fitness: Testing and Training 1	Components of Fitness: Testing and Training	Personality and Motivation
12 <sup>th</sup> March 2018 (wk2)	Sedentary Lifestyles and Obesity	Components of Fitness: Testing and Training 2	Classification of skills, goal setting and SMART	Structure, Types and Movements occurring at Joints
19 <sup>th</sup> March 2018 (wk1)	Somatotypes	Classification of skills, goal setting and SMART	Information Processing, Guidance and Feedback	Bones, Structure and Function of the Skeletal System
26 <sup>th</sup> March 2018 (wk2)	Energy, Diet & Hydration	Information Processing, Guidance and Feedback	Arousal and Aggression	Movement Analysis – including levers, axes and planes
<b>EASTER HOLIDAY</b>			<b>Revision Quizzes</b>	<b>Revision Quizzes</b>
16 <sup>th</sup> April 2018 (wk1)	REVISION	Personality and Motivation	Commercialisation	Health, Fitness and Wellbeing – sedentary lifestyle, nutrition
23 <sup>rd</sup> April 2018 (wk2)	REVISION	Commercialisation	Ethical Issues – Performance Enhancing Drugs, Hooliganism	Cardio-Respiratory System 1 – Breathing and Gaseous Exchange
30 <sup>th</sup> April 2018 (wk1)	REVISION	Ethical Issues – Performance Enhancing Drugs, Hooliganism	Health, Fitness and Wellbeing – sedentary lifestyle, nutrition	Cardio-Respiratory System 2 – Heart, Vessels, Pathway of Blood
7 <sup>th</sup> May 2018 (wk2)	REVISION	Health, Fitness and Wellbeing – sedentary lifestyle, nutrition	Structure, Types and Movements occurring at Joints	Aerobic/Anaerobic Exercise – including recovery and EPOC
14 <sup>th</sup> May 2018 (wk1)	<b>EXAM PAPER 1 – Human body and movement in physical activity and sport - 16<sup>th</sup> May (am)</b> <b>EXAM PAPER 2 – Socio-cultural influences and wellbeing in physical activity and sport - 18<sup>th</sup> May (pm)</b>			

