



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9	<p>Topics:</p> <p>Skeletal & Muscular systems</p>	<p>Topics:</p> <p>Cardio-respiratory system</p>	<p>Topics:</p> <p>Energy, short & long term effects of exercise Practical fitness testing Practical HR & plotting graphs</p>		<p>Topics:</p> <p>Fitness tests Injury Warm up & cool down Review & reteach Skeletal & Muscular systems Cardio-respiratory system Practical athletics</p>	
10	<p>Topics:</p> <p>Movement analysis Levers, planes & axes Health, fitness & well-being Diet</p>		<p>Topics:</p> <p>Sports psychology Goal Setting Guidance & Feedback</p>		<p>Topics:</p> <p>Socio-cultural influences PEP Practical athletics moderation at Wodson Park</p>	
11	<p>Topics:</p> <p>Review and reteach component 1&2 Bi-weekly controlled assessments Climbing moderation</p>		<p>Topics:</p> <p>Review and reteach component 1&2 Bi-weekly controlled assessments</p>			