



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