

Whole School Curriculum Intent Statement: We build better people through: Developing the skills, knowledge and values to enable all students to be successful in their next steps.

Subject Curriculum Intent Statement: We inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. As well as providing opportunities for pupils to become physically confident in a way which supports their health and fitness, we also build character and help to embed values such as fairness and respect.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	Structure and function of body systems. Evaluating the impact of exercise on the body.	Exploring common injuries in sport and methods of rehabilitation	Understand the use of technology in sport	Understand the fundamentals of sport and activity leadership	Planning sessions for targeted groups	Delivering and reviewing sessions for target groups
11	Interpreting fitness data in relation to sport and activity	Nutrition and the part it plays in sport and activity	The psychological influence that motivation, self-confidence and anxiety have on participation in sport and activity	Exam preparations		
12	U1: Anatomy and Physiology, U2: Fitness Training, U3: Professional Development in the Sports Industry, U4: Sports Leadership, U10: Sport Event Organisation	U1: Anatomy and Physiology, U2: Fitness Training, U3: Professional Development in the Sports Industry, U4: Sports Leadership, U10: Sport Event Organisation	U1: Anatomy and Physiology, U2: Fitness Training, U3: Professional Development in the Sports Industry, U4: Sports Leadership, U10: Sport Event Organisation	U1: Anatomy and Physiology, U2: Fitness Training, U3: Professional Development in the Sports Industry, U7: Practical Sports Performance	U1: Anatomy and Physiology, U2: Fitness Training, U3: Professional Development in the Sports Industry, U7: Practical Sports Performance	U1: Anatomy and Physiology, U2: Fitness Training, U7: Practical Sports Performance
13	U22: Investigating Business in the Sport and Active Leisure Industry, Unit 23: Skill Acquisition in Sport, Unit 5: Application of Fitness Testing					