Topic studied	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 10	1.2.a Comp of fitness 1.1.a Location of major bones 1.1.a Functions/synovial joint 1.1.a Types of movement 1.1.a Types of movement Coursework Practical: Handball	1.1.b Location of major muscle groups 1.1.b The roles of muscle in movement 1.1 c Movement Analysis 2.2a Characteristics of skilful movement 2.2a Classification of skill 2.2b Goal setting Coursework Practical: Long distance running/ Football	1.1.c Lever systems & Planes and axes 2.2b Goal setting 2.2c Mental preparation 2.2 a/b/c mini assessment 2.2d Types of guidance 2.2d Types of feedback Coursework Practical: Handball	1.2.b Training principles 1.2.b Optimising training 1.2.b Warm up 1.2.c Prevent Injury 2.1.a current trends 2.1.a Participation levels Practical: Types of training	2.1.b Commercialisation Coursework Revision Practical: Types of training and Athletics	Revision Practical: Athletics End of year practical moderation and theory paper EIS trip
Year 11	1.1.d Cardiovascular system 2.1.c Ethics in sport 2.1.c Drugs in sport 2.1.c Violence in sport Practical: Climbing	1.1.d Respiratory system 2.3 Health, fitness and well-being Practical: Climbing and Football	1.1.d Respiratory system mini assessment 1.1.d Aerobic and anaerobic exercise 2.3 Health, fitness and well-being 2.3 Diet and nutrition Practical: Handball	2.3 Diet and nutrition Revision Practical: Athletics Practical Moderation Exam	Revision Paper 1 and Paper 2 theory exam	