



| Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|----------------|---|---|--|--|--|--|
| Topic | Component 1- Explore types and provision of sport and physical activity for different types of participant | Component 1- Explore types and provision of sport and physical activity for different types of participant | Component 2: Taking Part and Improving Other Participants Sporting Performance | Component 2: Taking Part and Improving Other Participants Sporting Performance | Component 2: Taking Part and Improving Other Participants Sporting Performance | Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity |
| Content | <p>A1 Types and providers of sport and physical activities</p> <p>A2 Types and needs of sport and physical activity participants</p> <p>A3 Barriers to participation in sport and physical activity for different types of Participant</p> <p>A4 Methods to address barriers to participation in sport and physical activity for different types of participant</p> <p>B1 Different types of sports clothing and equipment required for participation in sport and physical activity</p> <p>B2 Different types of technology and their benefits to improve</p> | <p>C1 Planning a warm-up</p> <p>C2 Adapting a warm-up for different categories of participants and different types of physical activities</p> <p>C3 Delivering a warm-up to prepare participants for physical activity</p> <p> </p> <p>*PSA Nov-Dec</p> | <p>A1 Components of physical fitness</p> <p>A2 Components of skill-related fitness</p> <p>B1 Techniques, strategies and fitness required for different sports</p> <p>B2 Officials in sport</p> <p>B3 Rules and regulations in sports</p> <p>C1 Planning drills and conditioned practices to develop participants' sporting Skills</p> <p>C2 Drills to improve sporting performance</p> | <p>*PSA Feb-May</p> | <p>*PSA Feb-May</p> | <p>A1 The importance of fitness for successful participation in sport</p> <p>A2 Fitness training principles</p> <p>A3 Exercise intensity and how it can be determined</p> <p>B1 Importance of fitness testing and requirements for administration of each fitness test</p> <p>B2 Fitness test methods for components of physical fitness</p> <p>B3 Fitness test methods for components of skill-related fitness</p> <p>B4 Interpretation of fitness test results</p> |



| Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|----------------|--|---|---|---|---|----------|
| Topic | Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity | Component 2: Taking Part and Improving Other Participants Sporting Performance | Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity | Component 1- Explore types and provision of sport and physical activity for different types of participant | Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity | |
| Content | C1 Requirements for each of the following fitness training methods C2 Fitness training methods for physical components of fitness C3 Fitness training methods for skill-related components of fitness C4 Additional requirements for each of the fitness training methods C5 Provision for taking part in fitness training methods C6 The effects of long-term fitness training on the body systems D1 Personal information to aid training fitness programme design D2 Fitness programme | *PSA Nov-Dec | Recap and mock preparation | *PSA Feb-May | Revision and exam technique | |