



	Week	Date	Year 9 - 2.5hrs per week	Year 10 – 2 hrs per wk	Year 11 – 2 hrs per week
Autumn Term 1	1	07-09-20	Intro / Components of Fitness	Components of Fitness	Health & Fitness review
	2	14-09-20	Components of Fitness	Components of Fitness	Diet & Nutrition review
	3	21-09-20	Components of Fitness	Components of Fitness	QMA1 – Health & Diet
	4	28-09-20	Components of Fitness	QMA1 – Components test	Commercialisation
	5	05-10-20	Components of Fitness	Principles of training	Commercialisation
	6	12-10-20	QMA1 – Components test	Principles of training	Commercialisation
	7	19-10-20	Skeletal System	Principles of training	Ethical & socio cultural
Autumn Term 2	8	02-11-20	Skeletal System	Principles of training	Ethical & socio cultural
	9	09-11-20	Skeletal System	Principles of training	Ethical & socio cultural
	10	16-11-20	Skeletal System	QMA2 – Principles test	QMA2 – Ethical & socio cultural
	11	23-11-20	Skeletal System	Preventing Injury	Section 5 AEP preparation
	12	30-11-20	QMA2 – Skeletal test	Preventing Injury	Section 5 AEP prep / write
	13	07-12-20	Muscular System	Preventing Injury	Section 6 AEP preparation
	14	14-12-20	Muscular System	Preventing Injury	Section 6 AEP prep / write
Spring Term 1	15	04-01-21	Muscular System	QMA3 – Injuries Test	AEP completion
	16	11-01-21	Muscular System	Sports Psychology	Engagement patterns
	17	18-01-21	QMA3 – Muscles test	Sports Psychology	Engagement patterns
	18	25-01-21	FB & (Practical reward)	Sports Psychology	Engagement patterns QMA3
	19	01-02-21	Cardiovascular System	Sports Psychology	Engagement patterns
	20	08-02-21	Cardiovascular System	Sports Psychology	Engagement patterns
Spring Term 2	21	22-02-21	Cardiovascular System	Sports Psychology	PPE
	22	01-03-21	Cardiovascular System	Sports Psychology	Skeletal
	23	08-03-21	QMA4 – Cardiovascular Test	Sports Psychology	Muscular & MA
	24	15-03-21	Feedback / respiratory	QMA4 – Psychology Test	PPE feedback
	25	22-03-21	Respiratory System	Section 3 AEP preparation	Cardio- respiratory
	26	29-03-21	Respiratory System	Section 3 AEP prep / write	Comps of Fit & Training principles
Summer Term 1	27	19-04-21	Respiratory System	Section 4 AEP preparation	Injury Prev QMA4
	28	26-04-21	Respiratory System	Section 4 AEP prep / write	Sports Psych
	29	03-05-21	QMA 4 – Respiratory test	AEP write & QMA5	H&F and Diet & Nut
	30	10-05-21	FB & (Practical reward)	Engagement patterns	Socio-cultural. Engage
	31	17-05-21	Section 1 AEP preparation	Engagement patterns	Final GCSE EXAM ?????
	32	24-05-21	Section 1 AEP prep / write	Engagement patterns	Final GCSE EXAM ?????
Summer Term 2	33	07-06-21	Section 1 AEP write / 2 prep	Engagement patterns	
	34	14-06-21	Section 2 AEP prep	Engagement patterns	
	35	21-06-21	Section 2 AEP write	Engagement patterns	
	36	28-06-21	Revision for QMA6	Revision for PPE	
	37	05-07-21	Revision for QMA6	PPE	
	38	12-07-21	QMA 6 – End of Yr test	AEP improvement	
	39	19-07-21	Practical reward / AEP	PPE feedback & Practical reward	

Components of Fitness

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QMA5 – Components test