



	<u>Autumn Term</u>	<u>Spring Term</u>	<u>Summer Term</u>
Year 1	<p>Unit 2: Practical Sports Performance – Badminton and Rounders</p> <ul style="list-style-type: none"> • Rules (or laws) • Regulations • Scoring systems <p>• Application of the rules/laws of sports in different situations</p> <ul style="list-style-type: none"> ☑ Sports • Roles of officials • Responsibilities of officials 	<p>Unit 2: Practical Sports Performance – Badminton and Rounders</p> <ul style="list-style-type: none"> • Rules (or laws) • Regulations • Scoring systems <p>• Application of the rules/laws of sports in different situations</p> <ul style="list-style-type: none"> • Sports • Roles of officials • Responsibilities of officials 	<p>Unit 2: Practical Sports Performance – Badminton and Rounders</p> <ul style="list-style-type: none"> • Rules (or laws) • Regulations • Scoring systems <p>• Application of the rules/laws of sports in different situations</p> <ul style="list-style-type: none"> • Sports • Roles of officials • Responsibilities of officials <p>Unit 1: Fitness for Sports and Exercise</p> <ul style="list-style-type: none"> • Components of Physical Fitness • Components of Skill Related Fitness <ul style="list-style-type: none"> • Why fitness components are important for successful participation in given sports • Exercise intensity and how it can be determined



<p>Year 2</p>	<p>Unit 1: Fitness for Sports and Exercise</p> <ul style="list-style-type: none"> • The basic principles of training (FITT) <ul style="list-style-type: none"> • Additional principles of training • Requirements for each of the following fitness training methods • Additional requirements for each of the fitness training methods ☑ Fitness training methods <ul style="list-style-type: none"> • Fitness test methods for components of fitness • Importance of fitness testing to sports performers and coaches ☑ Requirements for administration of each fitness test ☑ Interpretation of fitness test results: • Requirements for each of the following fitness training methods • Additional requirements for each of the fitness training methods ☑ Fitness training methods 	<p>Unit 5: The Sports Performer in Action</p> <ul style="list-style-type: none"> • Aerobic Energy system – with O2 • Anaerobic Energy System – no O2 used • ATP-CP (alactic acid anaerobic system) <ul style="list-style-type: none"> • Glycolysis (LA Anaerobic system) <p>Unit 3: Applying the Principles of Personal Training</p> <ul style="list-style-type: none"> • Personal information to aid training programme design <ul style="list-style-type: none"> • Programme design 	<p>Unit 3: Applying the Principles of Personal Training</p> <ul style="list-style-type: none"> • Safely implement a personal fitness training programme • Training diary for each session recording <ul style="list-style-type: none"> • Measures for success • Review programme • Musculoskeletal system • Cardiorespiratory system
<p>Year 2</p>	<p>Unit 5: The Sports Performer in Action</p> <ul style="list-style-type: none"> • Short-term effects of exercise on the musculoskeletal system • Short-term effects of exercise on the cardiorespiratory system <ul style="list-style-type: none"> • Long-term adaptations of the musculoskeletal system • Long-term adaptations of the cardiorespiratory system 		