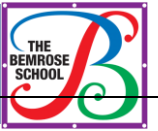


| Curriculum Overview: Year 11 Sport | | | | | |
|---|---|--|--|--|-----------------|
| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| <p>Topic: CA7: Applying health and fitness analysis and setting goals</p> | <p>Topic: CA8: The structure of a health and fitness training programme and how to prepare safely -The structure of a health and fitness programme -Timescales and goal setting</p> | <p>Topic: Non-examined Assessment – synoptic project</p> | <p>Topic: Non-examined Assessment – synoptic project</p> | <p>Topic: Written Examination Assessment preparation</p> | |
| <p>Links to prior learning -fitness testing -Principles of Training and FITT -lifestyle analysis Stretch and Challenge Enquiry -Do I have a healthy lifestyle? Do I do enough exercise?</p> | <p>Links to prior learning -Principles of Training and FITT -health and fitness programmes Stretch and Challenge Enquiry -What components of fitness do I need to improve for my sport?</p> | <p>Links to prior learning -body systems -Principles of Training and FITT -short- and long-term effects of physical activity -fitness tests -lifestyle analysis -health and fitness programmes Stretch and Challenge Enquiry -What types of training will improve the fitness components I need?</p> | <p>Links to prior learning -body systems -Principles of Training and FITT -short- and long-term effects of physical activity -fitness tests -lifestyle analysis -health and fitness programmes Stretch and Challenge Enquiry -How can I check that I am improving my fitness levels?</p> | <p>Links to prior learning -body systems -Principles of Training and FITT -short- and long-term effects of physical activity -fitness tests -lifestyle analysis -health and fitness programmes Stretch and Challenge Enquiry -What careers are there in the health and fitness sector?</p> | |

The Bemrose School Curriculum



| Equipment Needed | Wider Reading | Family activities |
|--|--|---|
| <ul style="list-style-type: none">• Pencil case• Red or black T shirt/Polo Shirt• Black Shorts/Tracksuit Bottoms• Red or black Sweatshirt/Jumper• Trainers• Red or black Football Socks• Football Boots and Shinpads• NO Coats, Zipped Jackets or Hoodies | <p>https://www.ncfe.org.uk/qualification-search/qualification-detail/ncfe-level-12-technical-award-in-health-and-fitness-111</p> | <ul style="list-style-type: none">• Ensure your child is prepared for their Sport lessons by having the correct equipment• Encourage your child to attend Sport lesson 6• Encourage your child to take part in PE/Sport extra-curricular activities at school• Provide opportunities for your child to take part in physical activity (exercise or sport) outside of school• Encourage your child to watch sport e.g. on TV |