

Subject content (What will be covered)	As a result, what students should know /understood	What students should be able to do	How students will be assessed	By when (Half term 1 > 6)
Unit 1 Fitness for Sport and Exercise	<ul style="list-style-type: none"> • Health related and skill related factors • Principles of Training • Methods of Training • Fitness testing methods 	<ul style="list-style-type: none"> • Link health and skill related factors to a number of different sports • Understand the principles of training and be able to explain how they can bring about improved sports performance • Understand and explain which different methods of training will help to bring about improved sports performance • Be able to identify what fitness test to use for each health and skill related factor • Know how to administer each test • Be able to compare fitness test data and analyse the results inline with normative data. 	<p>1 hour online exam</p>	<p>HT3</p>
Unit 2 Practical Sports performance	<ol style="list-style-type: none"> 1. The rules, regulations and scoring system for two sports 2. Roles and responsibilities of officials in two selected sports 3. Techniques and tactics used in two selected sports 4. Observation and analysis of performance for two selected sports 5. Demonstrate skills, techniques and tactics in 3 selected sports 	<ul style="list-style-type: none"> • Know the rules and regulations for their two chosen sports • Know and be able to explain the scoring systems for two selected sports • Be able to explain how the official's in these sports apply the rules and scoring system in the two sports • Give recommendations how this can be improved • Demonstrate skills, techniques and tactics in 3 selected sports • Describe the techniques and tactics used in both sports • Create a checklist to observe own sports performance • Be able to evaluate own performances in two sports explaining strengths and areas for improvement. 	<p>3 separate assignments</p>	<p>1 and 2 HT2 3 – HT4 4 – HT 4 5 – HT 6</p>