

10A BTEC Sport - SGA			10B BTEC Sport - DOL			
Week A - Wed P5 & Fri P1 (Practical)			Week A - Tues P5 & Thurs P4			
Week B - Wed P5 & Fri P1 (Thoery)			Week B - Tues P1 & Thurs P2			
Lesson #			Unit Plan		Unit Plan	Homework
1	Fitness Testing	P	Unit 3	Mock Exam	Unit 1	
2	Fitness Testing	P	Unit 3	Fitness Testing	Unit 3	
3	Mock Exam	T	Unit 1	Components of Skill/Physical Fitness	Unit 1	COF
4	Components of Skill/Physical Fitness	T	Unit 1	Fitness Testing	Unit 3	
5	Individual 1	P	Unit 2	Exercise Intensity	Unit 1	
6	Individual 1 Recording	P	Unit 2	Individual 1	Unit 2	
7	Exercise intensity	T	Unit 1	Borg Scale	Unit 1	EI
8	Borg Scale	T	Unit 1	Individual 1 Recording	Unit 2	
9	Individual 2	P	Unit 2	FITT Principles	Unit 1	
10	Individual 2 Recording	P	Unit 2	Individual 2	Unit 2	
11	FITT Principles	T	Unit 1	Additional Principles of Training	Unit 1	FITT
12	Additional Principles of Training	T	Unit 1	Experience Day 1		
13	Training Methods	P	Unit 1	Training Methods	Unit 1	
14	End of Term Practical lesson	P		Individual 2 Recording	Unit 2	
	October Half Term			October Half Term		
1	Balance & Flexibility		Unit 1	Balance & Flexibility	Unit 1	APT
2	Speed and Body Composition		Unit 1	Individual 3	Unit 2	
3	Individual 3		UNIT 2	Speed & Body Composition	Unit 1	
4	Individual 3 Recording		UNIT 2	Individual 3 Recording	Unit 2	
5	8 mark Questions		Unit 1	8 Mark Questions	Unit 1	TM
6	Mock Exam		Unit 1	Individual 4	Unit 2	
7	Individual 4		UNIT 2	Mock Exam	Unit 1	
8	Individual 4 Recording		UNIT 2	Experience Day 2		
9	INSET DAY			Mock Exam	Unit 1	S/BC
10	Revision		Unit 1	Individual 4 Recording	Unit 2	
11	Individual 5		UNIT 2	Revision	Unit 1	
12	Individual 5 Recordinng		UNIT 2	Individual 5	Unit 2	
13	Revision		Unit 1	Revision	Unit 1	MOCK
14	Revision		Unit 1	Individual 5 Recoridng	Unit 2	
	Christmas Break			Christmas Break		
1	Introduction to Unit 2 Assignments		Unit 2	Introduction to Unit 2 Assignments	Unit 2	
2	Team 1		Unit 2	Team 1	Unit 2	
3	Skills Review (Individual)		Unit 2	Skills Review (Individual)	Unit 2	LAA
4	Team 1 Recording		Unit 2	Team 1 Recording	Unit 2	
5	Rules, Regulations & Scoring Systems		Unit 2	Rules, Regulations & Scoring Systems	Unit 2	
6	Team 2		Unit 2	Team 2	Unit 2	
7	Officials		Unit 2	Officials	Unit 2	
8	Team 2 Recording		Unit 2	Team 2 Recording	Unit 2	
9	Additional Rules / Improvements		Unit 2	Additional Rules / Improvements	Unit 2	
10	Team 3		Unit 2	Team 3	Unit 2	
11	LAA Assignment Writing		Unit 2	LAA Assignment Writing	Unit 2	LAA
12	Team 3 Recording		Unit 2	Team 3 Recording	Unit 2	
13	LAA Assignment Writing		Unit 2	LAA Assignment Writing	Unit 2	
14	Team 4		Unit 2	Team 4	Unit 2	
	February Half Term			February Half Term		
1	LAA Assignment Writing		Unit 2	LAA Assignment Writing	Unit 2	LAA
2	Team 4 Recording		Unit 2	Team 4 Recording	Unit 2	
3	LAA Assignment Writing		Unit 2	LAA Assignment Writing	Unit 2	
4	Team 5		Unit 2	Team 5	Unit 2	
5	LAA Assignment Writing		Unit 2	LAA Assignment Writing	Unit 2	LAA
6	Team 5 Recoridng		Unit 2	Team 5 Recoridng	Unit 2	
7	LAA Assignment Writing - Deadline		Unit 2	LAA Assignment Writing - Deadline	Unit 2	
8	Experience Day 4			Experience Day 4		
9	Skills Review (Team)		Unit 2	Skills Review (Team)	Unit 2	
10	LAB Assignment Writing		Unit 2	LAB Assignment Writing	Unit 2	LAB
11	LAB Assignment Writing		Unit 2	LAB Assignment Writing	Unit 2	
12	LAB Assignment Writing - Deadline		Unit 2	LAB Assignment Writing - Deadline	Unit 2	
	Easter Break			Easter Break		
1	LAB Assignment Writing		Unit 2	LAB Assignment Writing	Unit 2	LAB
2	Prep for Leading Sports Activities		Unit 6	Prep for Leading Sports Activities	Unit 6	
3	LAB Assignment Writing		Unit 2	LAB Assignment Writing	Unit 2	
4	Prep for Leading Sports Activities		Unit 6	Prep for Leading Sports Activities	Unit 6	
5	LAB Assignment Writing		Unit 2	LAB Assignment Writing	Unit 2	LAB
6	Prep for Leading Sports Activities		Unit 6	Prep for Leading Sports Activities	Unit 6	
7	LAB Assignment Writing		Unit 2	LAB Assignment Writing	Unit 2	
8	Prep for Leading Sports Activities		Unit 6	Prep for Leading Sports Activities	Unit 6	
9	LAB Assignment Writing		Unit 2	LAB Assignment Writing	Unit 2	LAB
10	Prep for Leading Sports Activities		Unit 6	Prep for Leading Sports Activities	Unit 6	
	May Half Term			May Half Term		
1	LAB Assignment Writing		Unit 2	LAB Assignment Writing	Unit 2	
2	Prep for Leading Sports Activities		Unit 6	Prep for Leading Sports Activities	Unit 6	
3	LAB Assignment Writing - Deadline		Unit 2	LAB Assignment Writing - Deadline	Unit 2	LAB
4	Prep for Leading Sports Activities		Unit 6	Prep for Leading Sports Activities	Unit 6	
5	Prep for Leading Sports Activities		Unit 6	Prep for Leading Sports Activities	Unit 6	
6	Prep for Leading Sports Activities		Unit 6	Prep for Leading Sports Activities	Unit 6	
7	Prep for Leading Sports Activities		Unit 6	Prep for Leading Sports Activities	Unit 6	LAA
8	Prep for Leading Sports Activities		Unit 6	Prep for Leading Sports Activities	Unit 6	
9	LAA - Training Programme Design		Unit 3	LAA - Training Programme Design	Unit 3	
10	Fitness Testing		Unit 3	Fitness Testing	Unit 3	
11	Experience Day 5			Experience Day 5		
12	LAA - Training Programme Design		Unit 3	LAA - Training Programme Design	Unit 3	LAA
13	Fitness Testing		Unit 3	Fitness Testing	Unit 3	
14	Student Choice			Student Choice		LAA
	INSET 4			INSET 4		
	INSET 5			INSET 5		