

Year 11B BTEC Sport - DOL			Year 11D BTEC Sport - DOL		
Week A - A Thurs P2&3			Week A - Mon P4 & Wed P3		
Week B - Tues P5 & Fri P3			Week B - Mon P2&3		
Lessons		Unit Plan		Unit Plan	Homework
1	Mock Exam	Unit 1	Mock Exam	Unit 1	
2	B.1 Requirements for fitness testing	Unit 1	B.1 Requirements for fitness testing	Unit 1	
3	A.2: Attributes	Unit 6	A.2: Attributes	Unit 6	LAA
4	B.2 Additional requirements	Unit 1	B.2 Additional requirements	Unit 1	
5	A.2: Attributes	Unit 6	A.2: Attributes	Unit 6	
6	B.3 Fitness training methods	Unit 1	B.3 Fitness training methods	Unit 1	
7	A.3: Responsibilities	Unit 6	A.3: Responsibilities	Unit 6	LAA
8	B.3 Fitness training methods	Unit 1	B.3 Fitness training methods	Unit 1	
9	A.3: Responsibilities	Unit 6	A.3: Responsibilities	Unit 6	
10	C.1 Fitness test methods for components	Unit 1	C.1 Fitness test methods for components	Unit 1	
11	B.4: Measures of success	Unit 6	B.4: Measures of success	Unit 6	LAA
12	A.1 Components of physical fitness	Unit 1	A.1 Components of physical fitness	Unit 1	
12	C.1: Review	Unit 6	C.1: Review	Unit 6	
14	A.1 Components of physical fitness	Unit 1	A.1 Components of physical fitness	Unit 1	
	October Half Term		October Half Term		
1	C.2: Targets for development	Unit 6	C.2: Targets for development	Unit 6	LAB
2	A.2 Components of skill-related fitness	Unit 1	A.2 Components of skill-related fitness	Unit 1	
3	Assignment completion	Unit 6	Assignment completion	Unit 6	
4	A.3 Why fitness components are important	Unit 1	A.3 Why fitness components are important	Unit 1	
5	Assignment completion	Unit 6	Assignment completion	Unit 6	LAB
6	A.4 Exercise intensity	Unit 1	A.4 Exercise intensity	Unit 1	
7	Assignment completion	Unit 6	Assignment completion	Unit 6	
8	Experience Day 2		Mock Exam	Unit 1	
9	Assignment completion	Unit 6	Assignment completion	Unit 6	LAC
10	Revision	Unit 1	Revision	Unit 1	
11	Revision	Unit 1	Revision	Unit 1	
12	Revision	Unit 1	Revision	Unit 1	
13	Revision	Unit 1	Revision	Unit 1	LAC
14	Revision	Unit 1	Revision	Unit 1	
	Christmas Break		Christmas Break		
1	Assignment completion	Unit 6	Assignment completion	Unit 6	LAA
2	A.1 Training programme design	Unit 3	A.1 Training programme design	Unit 3	
3	Assignment completion	Unit 6	Assignment completion	Unit 6	
4	A.1 Training programme design	Unit 3	A.1 Training programme design	Unit 3	
5	Assignment completion	Unit 6	Assignment completion	Unit 6	LAA
6	A.1 Training programme design	Unit 3	A.1 Training programme design	Unit 3	
7	Assignment completion	Unit 6	Assignment completion	Unit 6	
8	A.1 Training programme design	Unit 3	A.1 Training programme design	Unit 3	
9	Assignment completion	Unit 6	Assignment completion	Unit 6	LAA
10	B.1 Musculoskeletal system	Unit 3	B.1 Musculoskeletal system	Unit 3	
11	Assignment completion	Unit 6	Assignment completion	Unit 6	
12	B.1 Musculoskeletal system	Unit 3	B.1 Musculoskeletal system	Unit 3	
13	Assignment completion	Unit 6	Assignment completion	Unit 6	LAA
14	Assignment completion	Unit 6	Assignment completion	Unit 6	
	February Half Term		February Half Term		
1	B.1 Musculoskeletal system	Unit 3	B.1 Musculoskeletal system	Unit 3	LAB
2	B.1 Musculoskeletal system	Unit 3	B.1 Musculoskeletal system	Unit 3	
3	B.2 Cardiorespiratory system	Unit 3	B.2 Cardiorespiratory system	Unit 3	
4	B.2 Cardiorespiratory system	Unit 3	B.2 Cardiorespiratory system	Unit 3	
5	B.2 Cardiorespiratory system	Unit 3	B.2 Cardiorespiratory system	Unit 3	LAB
6	C.1 Safely implement a training programme	Unit 3	C.1 Safely implement a training programme	Unit 3	
7	C.1 Safely implement a training programme	Unit 3	C.1 Safely implement a training programme	Unit 3	
8	Experience Day 4	Unit 3	C.1 Safely implement a training programme	Unit 3	
9	C.2 Training diary for each session recording	Unit 3	C.2 Training diary for each session recording	Unit 3	LAB
10	C.2 Training diary for each session recording	Unit 3	C.2 Training diary for each session recording	Unit 3	
11	C.3 Measures for success	Unit 3	C.3 Measures for success	Unit 3	
12	C.3 Measures for success	Unit 3	C.3 Measures for success	Unit 3	
	Easter Break		Easter Break		
1	D.1 Review programme	Unit 3	D.1 Review programme	Unit 3	LAC
2	D.1 Review programme	Unit 3	D.1 Review programme	Unit 3	
3	Assignment completion	Unit 3	Bank Holiday	Unit 3	
4	Assignment completion	Unit 3	Assignment completion	Unit 3	
5	Assignment completion	Unit 3	Assignment completion	Unit 3	LAC
6	Assignment completion	Unit 3	Assignment completion	Unit 3	
7	Assignment completion	Unit 3	Assignment completion	Unit 3	
8	Assignment completion	Unit 3	Assignment completion	Unit 3	
9	Assignment completion	Unit 3	Assignment completion	Unit 3	
10	Assignment completion	Unit 3	Assignment completion	Unit 3	Yes
	May Half Term		May Half Term		
1	Revision / Study leave		Revision / Study leave		
2	Revision / Study leave		Revision / Study leave		
3	Revision / Study leave		Revision / Study leave		
4	Revision / Study leave		Revision / Study leave		
5	Revision / Study leave		Revision / Study leave		
6	Revision / Study leave		Revision / Study leave		
7	Revision / Study leave		Revision / Study leave		
8	Revision / Study leave		Revision / Study leave		
9	Inset Day		Revision / Study leave		
10	Revision / Study leave		Revision / Study leave		
11	Experience Day 5		Revision / Study leave		
12	Revision / Study leave		Revision / Study leave		
13	INSET 4		INSET 4		
14	INSET 5		INSET 5		