

Week	Week Starting	Topic	Unit	Complete (Tick)	Notes
1	10-Jan	Applied Anatomy & Physiology	The Skeletal System		
2	17-Jan		The Muscular System		
3	24-Jan		The Cardiovascular System		
4	31-Jan		The Respiratory System		
5	07-Feb		The Effects of Exercise		
6	14-Feb	Movement Analysis	Lever Systems		
7	21-Feb		Planes & Axes		
8	28-Feb	Physical Training	The Components of Fitness		
9	07-Mar		Fitness Tests		
10	14-Mar		The Principles of Training		
11	21-Mar		Preventing Injury		

12	28-Mar	Socio-Cultural Influences	Engagement Patterns in Sport		
13	04-Apr		Ethical & Socio-Cultural Issues		
14	11-Apr		Commercialisation		
15	18-Apr	Sport Psychology	Sport Psychology		
16	02-May		Guidance		
17	09-May		Feedback		
18	16-May	Health, Fitness & Well-Being	Health, Fitness & Well-Being		
19	23-May		Diet & Nutrition		