LEX TUALUX

#### **AUTUMN TERM**

### UNIT 01

Components of Fitness

### UNIT 02

Principles of Training

#### UNIT 03

Optimising Training

#### UNIT 05

Physical activity and sport in the UK

#### UNIT 06

Participation in Physical Activity and Sport

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#### SPRING TERM

SUMMATIVE ASSESSMENT

## UNIT 07

Commercialisation of Sport

### UNIT 08

Ethics in Sport

#### **UNIT 09**

**UNIT 04** 

Prevention of Injury

Drugs in Sport

#### **UNIT 10**

Violence in Sport

CONTROLLED

#### UNIT 11

Characteristics of skillful movement

## UNIT 12

Classification of skills











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#### SUMMER TERM

SUMMATIVE ASSESSMENT

## UNIT 13

MATIVE Goal setting

## **\{**

#### **UNIT 14**

Mental preparation



MOCK EXAM





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