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| **KEY WORDS** |

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| **Subject** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 9** | Health & SafetyRulesPlan HealthFitnessSportExercise Warm-up Injury | Health & SafetyRulesPlan HealthFitnessSportExercise Warm-up Injury | Health & SafetyRulesPlan HealthFitnessSportExercise Warm-up Injury | FitnessCircuit Training Baseline Muscle groups ComponentsTargetsBarriers | FitnessCircuit Training Baseline Muscle groups ComponentsTargetsBarriers | FitnessCircuit Training Baseline Muscle groups ComponentsTargetsBarriers |
| **Year 10** | ParticipationBenefitsEncourageSupportCommunicationDescribe ExplainSelectRules | HealthFitnessSportExercise Warm-up InjuryLifestylePerformance | Health & SafetyPlan HealthFitnessPhysicalSportExercise Warm-up InjuryComponents | LeadershipCommunicationLeadSupportEncourage Listen SkillsBarriersAssessAchieve | Respect RulesFair play Equality Opportunities OrganiseReviewDescribe | RespectManageRulesOrganisePlanAnalyseGoverning bodiesFair playTechnology |
| **Year 11** | BusinessDiversityAnalyseInformation sourcesFeedbackCommunicationDescribe ExplainReview | HealthBusinessMarketingSportExercise Risk LifestyleMeasuresIdentify | Health & SafetyEnvironmentLawsRegulationsTeamworkRelationshipsSportColleagues Customers | LeadershipCommunication Customer servicesComplaintsSupportHandling & storingSafetyEquipmentSkills | CareersFunctionsAnatomyPhysiologySkeletal SystemJoints MovementsCardiovascular SystemRespiratory SystemNervous SystemEnergy SystemsEnhanceAerobicAnaerobic |  |