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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 & Safety  Rules  Plan  Health  Fitness  Sport  Exercise  Warm-up  Injury | Health & Safety  Rules  Plan  Health  Fitness  Sport  Exercise  Warm-up  Injury | Health & Safety  Rules  Plan  Health  Fitness  Sport  Exercise  Warm-up  Injury | Fitness  Circuit  Training  Baseline  Muscle groups  Components  Targets  Barriers | Fitness  Circuit  Training  Baseline  Muscle groups  Components  Targets  Barriers | Fitness  Circuit  Training  Baseline  Muscle groups  Components  Targets  Barriers |
| **Year 10** | Participation  Benefits  Encourage  Support  Communication  Describe  Explain  Select  Rules | Health  Fitness  Sport  Exercise  Warm-up  Injury  Lifestyle  Performance | Health & Safety  Plan  Health  Fitness  Physical  Sport  Exercise  Warm-up  Injury  Components | Leadership  Communication  Lead  Support  Encourage  Listen  Skills  Barriers  Assess  Achieve | Respect  Rules  Fair play  Equality  Opportunities  Organise  Review  Describe | Respect  Manage  Rules  Organise  Plan  Analyse  Governing bodies Fair play  Technology |
| **Year 11** | Business  Diversity  Analyse  Information sources  Feedback  Communication  Describe  Explain  Review | Health  Business  Marketing  Sport  Exercise  Risk  Lifestyle  Measures  Identify | Health & Safety Environment  Laws  Regulations  Teamwork  Relationships  Sport  Colleagues  Customers | Leadership  Communication  Customer services  Complaints  Support  Handling & storing  Safety  Equipment  Skills | Careers  Functions  Anatomy  Physiology  Skeletal System  Joints  Movements  Cardiovascular System  Respiratory System  Nervous System  Energy Systems  Enhance  Aerobic  Anaerobic |  |