

Year 9 AQA – Long Term Plan 2018-19

	Week 1 3 Sept.	Week 2 10 Sept.	Week 3 17 Sept.	Week 4 24 Sept.	Week 5 1 Oct.	Week 6 8 Oct.	Week 7 15 Oct.	Week 8 22 Oct.
Term 1	Range of Activities	Roles in sport	Age WIN Task – Exam Question	Disability	Gender	Culture	Physique WIN Task – Exam Question	Environment
	Week 1 5 Nov.	Week 2 12 Nov.	Week 3 19 Nov.	Week 4 26 Nov.	Week 5 3 Dec.	Week 6 10 Dec.	Week 7 17 Dec.	
Term 2	Risk and Challenge	Activity Levels	Personality WIN Task – Exam Question	Tension/Anxiety	Aggression	<i>PRAG Progress week</i> Mock Exam	Feedback on answering style	
	Week 1 7 Jan.	Week 2 14 Jan.	Week 3 21 Jan.	Week 4 28 Jan.	Week 5 4 Feb.	Week 6 11 Feb.		
Term 3	Motivation and Arousal	Boredom and Tedium	Feedback WIN Task – Exam Question	Injury's	Safe Practice	Clothing and Equipment WIN Task – Exam Question		
	Week 1 25 Feb.	Week 2 4 Mar.	Week 3 11 Mar.	Week 4 18 Mar.	Week 5 25 Mar.	Week 6 1 April		
Term 4	Codes of conduct / Rules	Aerobic and anaerobic respiration	Blood functions WIN Task – Exam Question	Oxygen Debt	<i>PRAG Progress week</i> Mock 2	Mock exam feedback		
	Week 1 22 April	Week 2 29 April	Week 3 6 May	Week 4 13 May	Week 5 20 May			
Term 5	Leisure	Recreation WIN Task – Exam Question	Lifetime Sports	Adoption of a healthy lifestyle	COF WIN Task – Exam Question			
	Week 1 3 June	Week 2 10 June	Week 3 17 June	Week 4 24 June	Week 5 1 July	Week 6 8 July	Week 7 15 July	
Term 6	Weight Training	Circuit Training WIN Task – Exam Question	Interval Training	Fartlek Training	Assessment weeks 3 Mock 3	Mock Feedback	Continuous Training	

Year 10 AQA – Long Term Plan 2018-19

	Week 1 3 Sept.	Week 2 10 Sept.	Week 3 17 Sept.	Week 4 24 Sept.	Week 5 1 Oct.	Week 6 8 Oct.	Week 7 15 Oct.	Week 8 22 Oct.
Term 1	Principles of training	Reps and sets	The Training Year	Environment WIN Task – Exam Question	Diet	Obesity / anorexia	Training Diets	Sport England WIN Task – Exam Question
	Week 1 5 Nov.	Week 2 12 Nov.	Week 3 19 Nov.	Week 4 26 Nov.	Week 5 3 Dec.	Week 6 10 Dec.	Week 7 17 Dec.	
Term 2	NGB's	Youth Sport Trust	Whole School food policy's WIN Task – Exam Question	Extra-curricular activities	School facilities and links to clubs	<i>PRAG Progress week</i> Mock 4	Mock exam feedback	
	Week 1 7 Jan.	Week 2 14 Jan.	Week 3 21 Jan.	Week 4 28 Jan.	Week 5 4 Feb.	Week 6 11 Feb.		
Term 3	Bullying and pastoral support in schools	Leisure opportunities WIN Task – Exam Question	Etiquette and fairness	Social Groups	Ethnicity in sport	Roles and pathways WIN Task – Exam Question		
	Week 1 25 Feb.	Week 2 4 Mar.	Week 3 11 Mar.	Week 4 18 Mar.	Week 5 25 Mar.	Week 6 1 April		
Term 4	Careers and examinations	Media and sport WIN Task – Exam Question	The internet and sport	Sponsorship	Types of competition WIN Task – Exam Question	Major Sporting Events		
	Week 1 22 April	Week 2 29 April	Week 3 6 May	Week 4 13 May	Week 5 20 May			
Term 5	Benefits of hosting a sporting event	The Olympics WIN Task – Exam Question	Role Models	Health and Safety	ICT in sport WIN Task – Exam Question			
	Week 1 3 June	Week 2 10 June	Week 3 17 June	Week 4 24 June	Week 5 1 July	Week 6 8 July	Week 7 15 July	
Term 6	Technology in sport	Planes and axis WIN Task – Exam Question	Bones	Muscles	Mock 6	Mock exam feedback	Misconceptions lesson	

Year 11 AQA – Long Term Plan 2018-19

	Week 1 3 Sept.	Week 2 10 Sept.	Week 3 17 Sept.	Week 4 24 Sept.	Week 5 1 Oct.	Week 6 8 Oct.	Week 7 15 Oct.	Week 8 22 Oct.
Term 1	Joints	Cardio Vascular System	Respiration	Movement WIN Task – Exam Question	Musco-skeletal system	Energy production	Energy recovery	Body Types WIN Task – Exam Question
	Week 1 5 Nov.	Week 2 12 Nov.	Week 3 19 Nov.	Week 4 26 Nov.	Week 5 3 Dec.	Week 6 10 Dec.	Week 7 17 Dec.	
Term 2	Types of Training	Diet and competition diets WIN Task – Exam Question	Principles of training	COF and fitness tests	Individual differences	<i>PRAG Progress week</i> Final Mock	Mock exam feedback	
	Week 1 7 Jan.	Week 2 14 Jan.	Week 3 21 Jan.	Week 4 28 Jan.	Week 5 4 Feb.	Week 6 11 Feb.		
Term 3	Mental factors	Organisations WIN Task – Exam Question	Schools	Leisure and Culture	Media and Internet WIN Task – Exam Question	Sponsorship		
	Week 1 25 Feb.	Week 2 4 Mar.	Week 3 11 Mar.	Week 4 18 Mar.	Week 5 25 Mar.	Week 6 1 April		
Term 4	Exam Prep and Revision of Topics Identified	Exam Prep and Revision of Topics Identified WIN Task – Exam Question	Exam Prep and Revision of Topics Identified	Exam Prep and Revision of Topics Identified WIN Task – Exam Question	Exam Prep and Revision of Topics Identified	Exam Prep and Revision of Topics Identified WIN Task – Exam Question		
	Week 1 22 April	Week 2 29 April	Week 3 6 May	Week 4 13 May	Week 5 20 May			
Term 5	Exam Prep and Revision of Topics Identified	Exam Prep and Revision of Topics Identified WIN Task – Exam Question	Exam Prep and Revision of Topics Identified	Exam Prep and Revision of Topics Identified WIN Task – Exam Question	Exam Prep and Revision of Topics Identified			
	Week 1 3 June	Week 2 10 June	Week 3 17 June	Week 4 24 June	Week 5 1 July	Week 6 8 July	Week 7 15 July	
Term 6	Exam Prep and Revision of Topics Identified WIN Task – Exam Question							