



Sport - Year 11



Autumn (Michaelmas) Term

What we are learning...	Consolidation	Deepen & Challenge
Unit 1 - Exercise and Fitness - Components of fitness	Watch - BTEC PE - Components of Physical Fitness - YouTube	Complete Kahoot quiz on btec unit 1
Unit 1 - Exercise and Fitness -	Watch - BTEC PE - Fitness Testing Overview - YouTube	Complete - BTEC Sport Unit 1 - Fitness Testing - Quizizz

Spring (Lent) Term

What we are learning...	Consolidation	Deepen & Challenge
Unit 3 - Training for Personal Fitness	Create your own labelled diagram of the human skeleton diagrams of the skeleton - Bing images	
Unit 3 - Training for Personal Fitness	-	Watch - BTEC Level 3 Sport and Exercise Science: Unit 2 - Mechanics of Breathing at REST - YouTube

Summer (Trinity) Term

What we are learning...	Consolidation	Deepen & Challenge
The course is usually complete by the Summer Term, with attention turned to revision for other subjects	-	-