



HALF TERM 4 March-April	Teacher A Lesson 1-12	Teacher B Lesson 1-6	Teacher C Lesson 1-12
TOPIC (S) Revision opportunity for resit of Unit 2	Objective: To recap key requirements of Questions 1 and 2 Be able to interpret lifestyle factors (exercise, diet, alcohol, smoking, sleep and stress) for a specific individual to meet their specific requirements To be able to justify any lifestyle modification techniques for a selected individual Pupils will have the opportunity to practise exam technique through a series of mock papers	Objective: To recap key requirements of Question 3 Be able to propose and justify nutritional guidance for a specific individual to meet their specific requirements Pupils will have the opportunity to practise exam technique through a series of mock papers	Objective: To recap key requirements of Questions 4 ,5 and 6 To be able to propose and justify different training methods that meet the training needs of a specific individual. To be able to design specific weeks of a 6 week training programme for a specific individual. To be able to justify a fitness training programme that has been designed for a specific individual, considering the principles of training. Pupils will have the opportunity to practise exam technique through a series of mock papers
Knowledge & Skills development	Ability to interpret 6 lifestyle factors accurately and suggest appropriate modifications Be able to analyse a diet diary and provide nutritional guidance Be able to select appropriate training methods and design a training programme To be able to justify programme design.		
Assessment / Feedback Opportunities	Teacher – verbal and written feedback Teacher – summative assessment –Internal assessment and moderation.		
Cultural Capital			
SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance & Respect)	Listening to others Responding suitable in discussions Taking part in group activities Demonstrating resilience and determination		
Reading opportunities	BTEC National Sport student Book 1		
Key Vocabulary	Analyse, Assess, Compare, Create/construct, Discuss, Demonstrate, Evaluate, Examine, Explore, Identify, Interpret, Investigate, Justify, Manage, Report, Research, Review, Stage, Manage, Undertake.		
Digital Literacy	www.eis2win.co.uk www.uksca.org.uk www.bases.org.uk www.nhs.uk/livewell		
Careers	Fitness instructor. Personal coach, Personal Trainer		