

September	October	November	December	January	February	March	April
Unit 5 Anatomy and Physiology Bones- Power point / booklet Muscles – Poster Joints – Power point / Practical	Unit 5 Respiratory system – Power point / Booklet Cardio vascular system – Power point / Booklet	Unit 5 Components of fitness booklet	Unit 4 Understanding the components of physical fitness – Power point / Booklet	Unit 1 Taking part in sport Prepare to participate in sport. Outline reasons for taking part in sport – Poster. Look at National/Regional/ local venues – Research	Unit 4 Taking part in fitness and exercise- Considerations Risk assessments Improve personal fitness- 6 Week plan. Reflection – Peer observations	Unit 3 Duke of Edenborough – Plan walk. Understanding of how to make decisions. Leadership in a group situation- Football Work experience -2 weeks	Unit 7 Healthy diet – Cooking a healthy meal on a budget. Recap on food groups Personal healthy diet plan – evaluate previous diet to healthy plan – Analyse
Unit 4 Identify the structure and function in relation to exercise and fitness	Unit 3 Leading others Characteristics of effective leadership/ Know what skills to use with others – Observations/ coaching	Unit 1 Practical Sport Log sheet Football, Boxing, Pool and Dodgeball	Unit 7 Know how to manage a healthy diet in relation to sport. Identify major food groups and design a poster to promote a healthy diet	Unit 3 Demonstrate leadership skills within a group. Coaching sessions – Plan and deliver. Plan and review – Boxing and Football	Unit 1 Participate in sport. Log of activities Organise pool competition. Witness statements/ Learner observation sheets	Unit 7 Functions of food groups Examples of food sources – Powerpoint / booklet Vitamins and minerals and sources of food	Recap Respond to marking. Catch up
		Assessment Unit 5 booklet		Assessment Unit 3	Assessment Unit 1	Assessment Unit 4	Assessment Unit 7

NCFE Level 1 Certificate in Sport – Overview Plan