

Time (term)	Unit Title	Description
9.1	Fitness components and training principles	All students should be able to identify & describe all the components. Most will be able to link to practical examples and some will be able to analyse their use in a range of sports. All students should be able to describe each of the methods of training. Most will be able to make comparisons between them and some will be able to match training methods to relevant activities.
9.2	Optimising training	The understanding of the principles is a key part of the coursework, we also want to ensure students can relate each principle to sporting examples. Students should also be able to apply the principles to practical lessons via Q&A/directed questioning.
9.3	Commercialisation and media in sport	Students will learn about the golden triangle relationship between the media, sponsorship and sport itself. Questions asked about how the media influences sport in both a positive and negative light.
9.4	Ethics in sport and barriers to participation	Why do some people not do any exercise at all? What is preventing participation and how can we resolve this for the good of the nation. Students also learn about the world of ethics and beliefs in sport and how each country is different from one another in its participation and success.
9.5	Injury prevention and rehabilitation	How can we prevent injury? What is the difference between a risk and a hazard? Can you identify hazards and risks that are specific to a surface/area/sport? Students must be able to apply examples in a sporting context.
9.6	Skeletal and muscular systems	Know the location of the major bones and joints. Students could carry out independent research on specified areas of the skeletal system using the suggested website and present key points to the class. Joint movements and terminology should be used in practical lessons here on, including demonstrations and through use of Q&A.