



Links to Year 12 Topics CTECH



Half
Term
6

Half
Term
5

C3 = Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity LAD (U1, U3, 7, 13 & 14)

Revision and exam questions.

Assessment

Half
Term
4

C3 = Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity LAC (U1, U3, 7, 13 & 14)

Personal information, fitness programme design and motivational techniques.

Assessment

Reading of Exam Questions
Links to biology and maths.

Half
Term
3

C3 = Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity LAB (U1, U3, 7, 13 & 14)

Fitness testing, components of fitness, training methods and long-term effects of fitness training.

Assessment

Reading of Exam Questions
Links to biology and maths.

Half
Term
2

C3 = Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity LAA (U1, U3, 7, 13 & 14)

Fitness, fitness training principles and exercise intensity.

Assessment

Reading of Exam Questions

Links to biology and maths.

Half
Term
1

C2 = Taking Part and Improving Other Participants Sporting Performance LAC (U2, U5 & 18)

Improving participants sporting techniques, drills and conditioned practices.

Assessment

Brief Scenario Tasks



Units of Work

Cross Curriculum Links

Key Knowledge & Skills

Assessment Points

Active Reading