

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	<p><u>Component One: Preparing Participants to Take Part in Sport and Physical Activity</u></p> <p>A1 Types and providers of sport and physical activity</p> <p>A2 Types and needs of sports and physical activity participants</p> <p>A3 Barriers to participation in sport and physical activity for different types of participant</p> <p>A4 Methods to address barriers to participation in sport and physical activity for different types of participant</p>	<p>B1 Different types of sports clothing and equipment required for participation in sport and physical activity</p> <p>B2 Different types of technology and their benefits to improve sport and physical activity participation and performance B3 The limitations of using technology in sport and physical activity</p> <p>C1 Planning a warm-up</p> <p>C2 Adapting a warm-up for different categories of participants and different types of physical activities</p>	<p>C3 Delivering a warm-up to prepare participants for physical activity</p> <p>PSA- Component 1 Summative Assessment and internal marking (6 hours) (released 6th February)</p>	<p><u>Component Two: Taking Part and Improving Other Participants Sporting Performance</u></p> <p>A1 Components of physical fitness</p> <p>A2 Components of skill-related fitness</p>	<p>B1 Techniques, strategies and fitness required for different sports</p> <p>B2 Officials in sport</p> <p>B3 Rules and regulations in sports</p>	<p>C1 Planning drills and conditioned practices to develop participants' sporting skills</p> <p>C2 Drills to improve sporting performance</p>

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11	<p>Component 2 refresher</p> <p>PSA-Component 2-Summative Assessment and internal marking</p> <p>Component Three: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity</p> <p>A1 The importance of fitness for successful participation in sport</p> <p>A2 Fitness Training principles</p>	<p>A3 Exercise Intensity and how it can be determined</p> <p>B1 Importance of fitness testing and requirements for administration of each fitness test</p> <p>B2 Fitness test methods for components of physical fitness</p> <p>B3 Fitness test methods for components of skill-related fitness</p> <p>B4 Interpretation of fitness test results</p>	<p>C1 Requirements for each of the following fitness training methods</p> <p>C2 Fitness training methods for physical components of fitness</p> <p>C3 Fitness training methods for skill related components of fitness</p> <p>C4 Additional Requirements for each fitness training method</p>	<p>C5 Provision for taking part in fitness training methods</p> <p>C6 The effects of long-term fitness training on the body systems</p> <p>D1 Personal Information to aid training fitness programme design</p> <p>D2 Personal programme design</p> <p>D3 Motivational Techniques for Fitness programming</p>	<p>Component 3 REVISION</p> <p>Component 3 External Assessment</p>	