



Year 10

Term 1

- Unit 1 Fitness for Sport and Exercise
- Unit 2 Practical Sports performance
- Unit 3 The Mind and Sports Performance
- The Sports Performer in Action

Term 2

- Unit 5 Training for personal fitness
- Unit 6 Leading Sports Activities
- Unit 7 Anatomy and Physiology for sports performance
- Unit 8 Promotion and sponsorship in sport

Lifestyle and Term 3 Being

- Unit 9 Lifestyle and well being
- Unit 10 Injury and the sports performance
- Unit 11 Running a sports event

