

Term	Week	Focus	Summary	Learning Outcomes	Learning skills
Term 2.1	1	Respiratory System	Gaseous Exchange	Structure of alveoli to enable gas exchange	<u>Collaborative learning- group research to research.</u>
	2	Energy Systems	Aerobic/Anaerobic	What energy sources are used when performing in different trainign zones	<u>Collaborative learning- group research to research</u>
	3	Short Term Effects of Exercise	Effects of Exercise on the different body systems	Explain the main changes to the body through the immediate effects of exercise	<u>Collaborative learning- group research to research</u>
	4	Long Term Effects of Exercise	Effects of Exercise on the different body systems	Explain the long term adaptations to the body through the effects of exercise	<u>Collaborative learning- group research to research</u>
	5	Assesment	End of Term Assessment	Preparation for end of term assessment	<u>Critical Thinking – Problem solving.</u>
	6	Components of Fitness	Health Related Fitness	Components of fitness-cardiovascular fitness (aerobic endurance), muscular endurance, strength, flexibility, body composition	<u>Critical Thinking</u>

Term	Week	Focus	Summary	Learning Outcomes	Learning Skills
Term 2.2	1	Components of Fitness	Skill Related Fitness	Components of Fitness	<u>Critical Thinking –</u>
	2	Fitness testing	Procedures and Protocols	To explain the rationale of performing each fitness test	Critical Thinking, Analysis and Linking
	3	Fitness testing	Procedures and Protocols	To explain the rationale of performing each fitness test	Critical Thinking, Analysis and Linking
	4	Principles of Training		Factors to consider when deciding most appropriate training methods	<u>Critical Thinking – Problem solving.</u>
	5	Principles of Training		Factors to consider when deciding most appropriate training methods	Critical Thinking, Analysis and Linking