



HALF TERM 4 May -June	Teacher A Lesson 1-12	Teacher B Lesson 1-6	Teacher C Lesson 1-12
<b>TOPIC (S)</b> <b>Revision</b> <b>opportunity for</b> <b>resit of Unit 2</b>	<b>Objective:</b> <b>To recap key requirements of Questions 1 and 2</b> Be able to interpret lifestyle factors (exercise, diet, alcohol, smoking, sleep and stress) for a specific individual to meet their specific requirements To be able to justify any lifestyle modification techniques for a selected individual  Pupils will have the opportunity to practise exam technique through a series of mock papers	<b>Objective: To recap key requirements of Question 3</b> Be able to propose and justify nutritional guidance for a specific individual to meet their specific requirements  Pupils will have the opportunity to practise exam technique through a series of mock papers	<b>Objective: To recap key requirements of Questions 4 ,5 and 6</b> To be able to propose and justify different training methods that meet the training needs of a specific individual. To be able to design specific weeks of a 6 week training programme for a specific individual. To be able to justify a fitness training programme that has been designed for a specific individual, considering the principles of training. Pupils will have the opportunity to practise exam technique through a series of mock papers
<b>Knowledge &amp; Skills development</b>	Ability to interpret 6 lifestyle factors accurately and suggest appropriate modifications Be able to analyse a diet diary and provide nutritional guidance Be able to select appropriate training methods and design a training programme To be able to justify programme design.		
<b>Assessment / Feedback Opportunities</b>	Teacher – verbal and written feedback Teacher – summative assessment –Internal assessment and moderation.		
<b>Cultural Capital</b>			
<b>SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance &amp; Respect)</b>	Listening to others Responding suitable in discussions Taking part in group activities Demonstrating resilience and determination		
<b>Reading opportunities</b>	BTEC National Sport student Book 1		
<b>Key Vocabulary</b>	Analyse, Assess, Compare, Create/construct, Discuss, Demonstrate, Evaluate, Examine, Explore, Identify, Interpret, Investigate, Justify, Manage, Report, Research, Review, Stage, Manage, Undertake.		
<b>Digital Literacy</b>	<a href="http://www.eis2win.co.uk">www.eis2win.co.uk</a> <a href="http://www.uksca.org.uk">www.uksca.org.uk</a> <a href="http://www.bases.org.uk">www.bases.org.uk</a> <a href="http://www.nhs.uk/livewell">www.nhs.uk/livewell</a>		
<b>Careers</b>	Fitness instructor. Personal coach, Personal Trainer		