

Subject Long Term Plan Year 11

W/C	6 th September	10 th September	17 th September	24 th September	1 st October	8 th October	15 th October	HALF TERM	31 st October	5 th November	12 th November		
	Unit 3	Unit 3	Unit 3	Unit 3	Unit 3	Unit 3	Unit 3		Unit 3	Unit 1	Unit 1		
	Describe lifestyle diseases related to lack of physical activity and poor die	Explain the effects of a long-term sedentary lifestyle on health and well-being	Explain reasons why people do not take part in physical activity	Explain reasons why people are motivated to take part in physical activity	Describe ways to improve individual motivation	Demonstrate ways to improve individual motivation	Review ways to improve individual motivation		Unit 03 external assessment	Describe the Frequency, Intensity, Time and Type (FITT) principle	Describe health and fitness goals		
W/C	19 th November	26 th November	3 rd December	10 th December	CHRISTMAS	7 th January	14 th January	21 st January	28 th January	4 th February	11 th February	HALF TERM	
	Unit 1	Unit 1	Year 11 Mock Exams			Unit 1	Unit 1	Unit 1	Unit 1	Unit 1	Unit 1		Unit 1
	Carry out fitness tests	Assess fitness test results against normative data				Design an individual health and fitness programme using the FITT principle	Demonstrate appropriate preparation for the fitness programme	Demonstrate the techniques of warm-up and cool-down	Describe changes to the fitness programme to improve their personal health and fitness	Evaluate the effectiveness of the health and fitness programme	Carry out the fitness programme		
W/C	25 th February	4 th March	11 th March		25 th March	1 st April	EASTER	24 th April	29 th April	6 th May	13 th May		
	Year 11 Core Mock Exams Weds, Thurs and Fri	Unit 3	Unit 4	Unit 4	Unit 4	Unit 4		Unit 4	Unit 4	Unit 4	Unit 4	Year 11 Bespoke Timetable	
		Unit 03 external assessment (if necessary)	Know how food can contribute to a healthy lifestyle	Understand the impact of lifestyle on health and fitness	Understand how motivation affects participation in physical activity	Be able to develop a health and fitness programme		Be able to carry out a fitness programme	Be able to evaluate the effectiveness of a health and fitness programme	Revision			
W/C	20 th May	HALF TERM	3 rd June	10 th June	17 th June	Year 11 Bespoke Timetable							
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