

## AUTUMN 1

<p><b><u>Unit 4: The Mind and Sports Performance</u></b> Learning aim A: investigate personality and its effect on sports performance (Assignment 1).</p>	<p><b><u>Unit 4: The Mind and Sports Performance</u></b> Learning aim B: explore the influence that motivation and self-confidence have on sports performance. (Assignment 2).</p>	<p>Prior Learning None needed.</p>
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## AUTUMN 2

<p><b><u>Unit 4: The Mind and Sports Performance</u></b> Learning aim C: know about arousal and anxiety, and the effects they have on sports performance. Assignment 3).</p>	<p><b><u>Unit 3: Applying the principles of Personal Training</u></b> Learning aim A: design a personal fitness training programme (Assignment 1).</p>	<p>Prior Learning Unit 1 Training principles and fitness tests, Unit 4 Goal setting.</p>
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## SPRING 1

<p><b><u>Unit 3: Applying the principles of Personal Training</u></b> Learning aim B: know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training (Assignment 2).</p>	<p>Prior Learning Biology – Anatomy and physiology of Cardiovascular and Respiratory systems.</p>
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## SPRING 2

<p><b><u>Unit 3: Applying the principles of Personal Training</u></b> Learning aim C: implement a self-designed personal fitness training programme to achieve own goals and objectives (Assignment 3).</p>	<p>Prior Learning Unit 1 training principles and fitness tests, Unit 4 Goal setting.</p>
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## SUMMER 1

<p><b><u>Unit 3: Applying the principles of Personal Training</u></b> Learning aim D: review a personal fitness training programme. (Assignment 4).</p>	<p>Prior Learning Unit 1 training principles and fitness tests, Unit 4 Goal setting.</p>
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## SUMMER 2

<p><b><u>Unit 1: Fitness testing and training</u></b> Revision and resit</p>	<p>Prior Learning Resit of previously covered unit.</p>
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### CAREERS LINKS

These unit are particularly relevant if you would like to progress into qualifications in sports coaching, sports psychology, elite sport or personal training.

### CHARACTER LINKS

Intellectual virtues through reflection, judgement, and reasoning when evaluating performances and skills.  
Performance virtues through confidence, determination, motivation, resilience, and teamwork during practical activities.  
Moral Virtues through respecting teammates and opponents.

### KEY ASSESSMENT DATES

Assignments completed in each unit. Unit 5 The Mind and Sports Performance - 3 internal/ coursework assignments. Unit 4 Training for personal fitness - 4 internal/ coursework assignments.