

Bishop Stopford's School

	Autumn 1	inclusive and comprehensive L2 e Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit of wor	Preparing and planning for health and fitness: Autumn - LO1/2, Spring - LO3, Summer LO4					
Core Skills	LO1: Understand the impact of lifestyle on health and fitness LO2: Understand how to test and develop components of fitness LO3: Understand how to apply health and fitness analysis and set goals LO4: Understand the structure of a health and fitness programme and how to prepare safelyLearners recall and communicate comprehensive knowledge and understanding from a wide range of health and fitness concepts, principles, skills and techniquesLearners accurately apply knowledge and understanding of health and fitness concepts, principles, skills and techniques, which is relevant to the context and situationLearners critically analyse and evaluate selected health and fitness data and information, systematically judging and reaching relevant and valid conclusions.Learners demonstrate and apply relevant health and fitness skills and techniques effectively, by applying and using appropriate health and fitness concepts and principles.					
Core Knowledge	This unit provides learners with the knowledge and understanding to be able to prepare and plan for health and fitness. Learners will know and understand the impact of lifestyle on health and fitness and be able to apply health and fitness analyses to set goals. Learners will know and understand how to test and develop components of fitness. Learners will know and understand how to structure a health and fitness programme and how to prepare safely for health and fitness activities					
Link to prior learning	L2 PE Qualifications are linked to the KS3 curriculum related to developing understanding of health and fitness. This has been embedded across all activities and links to study in the Science and PSHCE Curriculum	L2 PE Qualifications are linked to the KS3 curriculum related to developing understanding of health and fitness. This has been embedded across all activities and links to study in the Science and PSHCE Curriculum	L2 PE Qualifications are linked to the KS3 curriculum related to developing understanding of health and fitness. This has been embedded across all activities and links to study in the Science and PSHCE Curriculum	L2 PE Qualifications are linked to the KS3 curriculum related to developing understanding of health and fitness. This has been embedded across all activities and links to study in the Science and PSHCE Curriculum	L2 PE Qualifications are linked to the KS3 curriculum related to developing understanding of health and fitness. This has been embedded across all activities and links to study in the Science and PSHCE Curriculum	L2 PE Qualifications are linked to the KS3 curriculum related to developing understanding of health and fitness. This has been embedded across all activities and links to study in the Science and PSHCE Curriculum
Assement & Feedback	Assessment is the process of measuring a learner's skill, knowledge and understanding against the standards set in a qualification. The Level 2 Certificate and Diploma in Sport are internally assessed. The assessment consists of one component - an internally assessed portfolio of evidence which is assessed by PE staff and externally quality assured by NCFE.	Assessment is the process of measuring a learner's skill, knowledge and understanding against the standards set in a qualification. The Level 2 Certificate and Diploma in Sport are internally assessed. The assessment consists of one component - an internally assessed portfolio of evidence which is assessed by PE staff and externally quality assured by NCFE.	Assessment is the process of measuring a learner's skill, knowledge and understanding against the standards set in a qualification. The Level 2 Certificate and Diploma in Sport are internally assessed. The assessment consists of one component - an internally assessed portfolio of evidence which is assessed by PE staff and externally quality assured by NCFE.		Assessment is the process of measuring a learner's skill, knowledge and understanding against the standards set in a qualification. The Level 2 Certificate and Diploma in Sport are internally assessed. The assessment consists of one component - an internally assessed portfolio of evidence which is assessed by PE staff and externally quality assured by NCFE.	Assessment is the process of measuring a learner's skill, knowledg and understanding against the standards set in a qualification. The Level 2 Certificate and Diploma in Sport are internally assessed. The assessment consists of one compone - an internally assessed portfolio of evidence which is assessed by PE staf and externally quality assured by NCI
Outside learning/trips	Multiple morning, lunch and after school recreational sports activities for all. Competitive teams for intra/inter school fixtures. Opportunities to engage in Greenhouse Sports Academy	Multiple morning, lunch and after school recreational sports activities for all. Competitive teams for intra/inter school fixtures. Opportunities to engage in Greenhouse Sports Academy	Multiple morning, lunch and after school recreational sports activities for all. Competitive teams for intra/inter school fixtures. Opportunities to engage in Greenhouse Sports Academy	Multiple morning, lunch and after school recreational sports activities for all. Competitive teams for intra/inter school fixtures. Opportunities to engage in Greenhouse Sports Academy	Multiple morning, lunch and after school recreational sports activities for all. Competitive teams for intra/inter school fixtures. Opportunities to engage in Greenhouse Sports Academy	Multiple morning, lunch and after school recreational sport activities for all. Competitive teams for intra/inter school fixtures. Opportunities to engage in Greenhouse Sports Academy