

YEAR 11 (Class of 2025)		Week Beg.	Data Entry Deadlines	YEAR 10 (Class of 2026)				Week Beg.	Data Entry Deadlines
Factors when designing a training program		02-Sep		Introduction to Sport Science				02-Sep	
Planning a fitness based training program		09-Sep		Healthy Balanced Diet				09-Sep	
Recording and Completing Results		16-Sep		Healthy Balanced Diet				16-Sep	
Topic Area 3 - Fitness Training Programme		23-Sep		Topic Area 1 - Nutrients Healthy Diet - Assessment				23-Sep	
Topic Area 3 - Fitness Training Programme		30-Sep		Topic Area 1 - Nutrients Healthy Diet - Assessment				30-Sep	
Topic Area 3 - Fitness Training Programme		07-Oct		Sporting Dietary Requirements				07-Oct	
Evolution of fitness training plan		14-Oct		Sporting Dietary Requirements				14-Oct	
Topic Area 4 - Evaluate Performance - Assessment		04-Nov		Topic Area 2 - Dietary Requirements - Assessment				04-Nov	
Topic Area 4 - Evaluate Performance - Assessment		11-Nov		Topic Area 2 - Dietary Requirements - Assessment				11-Nov	
PPEs		18-Nov		Develop Dietary Plan				18-Nov	
		25-Nov		Develop Dietary Plan				25-Nov	
		02-Dec		Topic Area 3 - Sport Nutrition Plan - Assessment				02-Dec	
		09-Dec		Topic Area 3 - Sport Nutrition Plan - Assessment				09-Dec	
Dedicated Improvement Time - Principles of Training		16-Dec	PS1	Nutritional Behaviours				16-Dec	
Introduction to Sports Injuries		06-Jan		Nutritional Behaviours				06-Jan	
Intrinsic and Extrinsic Factors		13-Jan		Topic Area 4 - Nutritional Behaviours - Assessment				13-Jan	
Warm U/Cool D and Types of Injuries		20-Jan		Exam Week				20-Jan	
Reducing Risk, Treatment and Rehabilitation		27-Jan		Topic Area 4 - Nutritional Behaviours - Assessment				27-Jan	
Causes/Symptoms		03-Feb		Dedicated Improvement Time - Nutrition				03-Feb	
Treatment/Medical Conditions		10-Feb		Dedicated Improvement Time - Nutrition				10-Feb	PS1
Reteach - Intrinsic and Extrinsic Factors		24-Feb		Components of Fitness/Fitness Testing				24-Feb	
Reteach - Warm U/Cool D and Types of Injuries		03-Mar		Interpretation and Strengths				03-Mar	
Prompted PPEs		10-Mar		Devise and complete skill based fitness testing				10-Mar	
Reteach - Causes/Symptoms		17-Mar		Completion of own tests				17-Mar	
Reteach - Treatment/Medical Conditions		24-Mar	PS2	Topic Area 1 - Components of Fitness Applied - Assessment				24-Mar	
Precision Planning - Individual Revision		31-Mar		Topic Area 1 - Components of Fitness Applied - Assessment				31-Mar	
Precision Planning - Individual Revision		21-Apr		Principles of Training in Sport				21-Apr	
Precision Planning - Individual Revision		28-Apr		Methods of Training				28-Apr	
GCSE Exams		05-May		Anaerobic v Aerobic				05-May	
		12-May		Topic Area 2 - Principles of Training in Sport - Assessment				12-May	
		19-May		Topic Area 2 - Principles of Training in Sport - Assessment				19-May	
GCSE Exams		02-Jun		Dedicated Improvement Time - Principles of Training				02-Jun	
		09-Jun		Dedicated Improvement Time - Principles of Training				09-Jun	
		16-Jun		PPEs				16-Jun	
		23-Jun						23-Jun	
		30-Jun		Dedicated Improvement Time - Principles of Training				30-Jun	
		07-Jul		Dedicated Improvement Time - Principles of Training				07-Jul	PS2
		14-Jul		Dedicated Improvement Time - Principles of Training				14-Jul	
		21-Jul		CEW Week				21-Jul	