

	9A BTEC Sport - BAN				9B BTEC Sport - ABE				9D BTEC Sport - SGA				
	Week A - Mon P3 & Tues P1				Week A - Tues P4 & Thurs P1				Week A - Wed P1 & Thurs P5				
	Week B - Mon P5 & Fri P2				Week B - Tues P4 & Thurs P4				Week B - Wed P4 & Thurs P1				
Lesson #	9A BTEC			Unit Plan	9B BTEC			Unit Plan	9D BTEC			Unit Plan	
1	Inset Day				Year 7 Intake				Introduction to BTEC PE			T Unit 1	
2	Year 7 Intake				Introduction to BTEC PE			T Unit 1	Physical COF			T Unit 1	
3	Introduction to BTEC PE			T Unit 1	Physical COF			T Unit 1	Fitness Testing (physical)			P Unit 1	
4	Fitness Testing (physical)			P Unit 1	Fitness Testing (physical)			P Unit 1	Skill Related COF			T Unit 1	
5	Fitness Testing (Skill)			P Unit 1	Fitness Testing (Skill)			P Unit 1	Fitness Testing (Skill)			P Unit 1	
6	Physical COF			T Unit 1	Skill Related COF			T Unit 1	Importance of COF			T Unit 1	
7	Skill Related COF			T Unit 1	Importance of COF			T Unit 1	Handball			P Unit 2	
8	Handball			P Unit 2	Handball			P Unit 2	Exercise Intensity			T Unit 1	
9	Handball			P Unit 2	Handball			P Unit 2	Handball			P Unit 2	
10	Importance of COF			T Unit 1	Exercise Intensity			T Unit 1	Basic Principles of Training			T Unit 1	
11	Exercise Intensity			T Unit 1	Basic Principles of Training			T Unit 1	Handball			P Unit 2	
12	Handball			P Unit 2	Experience Day 1				Additional Principles of Training			T Unit 1	
13	Handball			P Unit 2	Handball			P Unit 2	Handball			P Unit 2	
14	Basic Principles of Training			T Unit 1	Additional Principles of Training			T Unit 1	Exam Paper (A.1, A.2, A.3, A.4, A.5, A.6)			T Unit 1	
October Half Term					October Half Term					October Half Term			
1	Additional Principles of Training			T Unit 1	Exam Paper (A.1, A.2, A.3, A.4, A.5, A.6)			T Unit 1	Handball			P Unit 2	
2	Handball			P Unit 2	Handball			P Unit 2	Green pen Exam Paper			T Unit 1	
3	Handball			P Unit 2	Handball			P Unit 2	Fitness Testing			P Unit 1	
4	Exam Paper (A.1, A.2, A.3, A.4, A.5, A.6)			T Unit 1	Green pen Exam Paper			T Unit 1	Fitness Testing and Importance			T Unit 1	
5	Green pen Exam Paper			T Unit 1	Fitness Testing and Importance			T Unit 1	Fitness Testing			P Unit 1	
6	Fitness Testing			P Unit 1	Fitness Testing			P Unit 1	Administration of Test Results			T Unit 1	
7	Fitness Testing			P Unit 1	Fitness Testing			P Unit 1	Fitness Testing			P Unit 1	
8	Fitness Testing and Importance			T Unit 1	Experience Day 2				Experience Day 2				
9	Administration of Test Results			T Unit 1	Administration of Test Results			T Unit 1	Fitness Testing			P Unit 1	
10	Fitness Testing			P Unit 1	Fitness Testing			P Unit 1	Interpretation of Fitness Test Results			T Unit 1	
11	Fitness Testing			P Unit 1	Fitness Testing			P Unit 1	Table Tennis			P Unit 2	
12	Interpretation of Fitness Test Results			T Unit 1	Interpretation of Fitness Test Results			T Unit 1	Exam Paper (C.1, C.2, C.3, C.4)			T Unit 1	
13	Exam Paper (C.1, C.2, C.3, C.4)			T Unit 1	Exam Paper (C.1, C.2, C.3, C.4)			T Unit 1	Table Tennis			P Unit 2	
14	Finish early for Christmas				Insert Team Sport (One Off)			P Unit 2	Green pen Exam Paper			T Unit 1	
Christmas Break					Christmas Break					Christmas Break			
1	Badminton Skill 1			P Unit 2	Badminton Skill 1			P Unit 2	Badminton Skill 1			P Unit 2	
2	Badminton Skill 1 Write Up			T Unit 2	Badminton Skill 1 Write Up			T Unit 2	Badminton Skill 1 Write Up			T Unit 2	
3	Green pen Exam Paper			T Unit 1	Green pen Exam Paper			T Unit 1	Badminton Skill 2			P Unit 2	
4	Badminton Skill 2			P Unit 2	Badminton Skill 2			P Unit 2	Badminton Skill 2 Write Up			T Unit 2	
5	Badminton Skill 3			P Unit 2	Badminton Skill 3			P Unit 2	Badminton Skill 3			P Unit 2	
6	Badminton Skill 2 Write Up			T Unit 2	Badminton Skill 2 Write Up			T Unit 2	Badminton Skill 3 Write Up			T Unit 2	
7	Badminton Skill 3 Write Up			T Unit 2	Badminton Skill 3 Write Up			T Unit 2	Badminton Skill 4			P Unit 2	
8	Badminton Skill 4			P Unit 2	Badminton Skill 4			P Unit 2	Badminton Skill 4 Write Up			T Unit 2	
9	Badminton Skill 5			P Unit 2	Badminton Skill 5			P Unit 2	Badminton Skill 5			P Unit 2	
10	Badminton Skill 4 Write Up			T Unit 2	Badminton Skill 4 Write Up			T Unit 2	Badminton Skill 5 Write Up			T Unit 2	
11	Badminton Skill 5 Write Up			T Unit 2	Badminton Skill 5 Write Up			T Unit 2	Netball Skills			P Unit 2	
12	Netball Skills			P Unit 2	Netball Skills			P Unit 2	Netball Skill 1 Write Up			T Unit 2	
13	Netball Skill			P Unit 2	Netball Skills			P Unit 2	Netball Skills			P Unit 2	
14	Circuit Training			T Unit 1	Circuit Training			T Unit 1	Netball Skill 2 Write Up			T Unit 2	
February Half Term					February Half Term					February Half Term			
1	Flexibility Training			T Unit 1	Flexibility Training			T Unit 1	Circuit Training			P Unit 1	
2	Circuit Training			P Unit 1	Circuit Training			P Unit 1	Circuit Training			T Unit 1	
3	Flexibility Training			P Unit 1	Flexibility Training			P Unit 1	Flexibility Training			P Unit 1	
4	Continuous Training			T Unit 1	Continuous Training			T Unit 1	Flexibility Training			T Unit 1	
5	Fartlek Training			T Unit 1	Fartlek Training			T Unit 1	Continuous Training			P Unit 1	
6	Continuous Training			P Unit 1	Continuous Training			P Unit 1	Continuous Training			T Unit 1	
7	Fartlek Training			P Unit 1	Fartlek Training			P Unit 1	Fartlek Training			P Unit 1	
8	Plyometric Training			T Unit 1	Experience Day 4				Experience Day 4				
9	Weight Training			T Unit 1	Plyometric Training			T Unit 1	Plyometric Training			P Unit 1	
10	Plyometric Training			P Unit 1	Weight Training			T Unit 1	Fartlek & Plyometric Training			T Unit 1	
11	Weight Training			P Unit 1	Plyometric Training			P Unit 1	Weight Training			P Unit 1	
12	Interval Training			T Unit 1	Weight Training			P Unit 1	Weight Training			T Unit 1	
Easter Break					Easter Break					Easter Break			
1	Speed Training			T Unit 1	Interval and Speed Training			P Unit 1	Interval and Speed Training			P Unit 1	
2	Interval and Speed Training			P Unit 1	Interval Training			T Unit 1	Interval and Speed Training			T Unit 1	
3	Bank Holiday				Speed Training			T Unit 1	Netball Skills			P Unit 2	
4	Exam Paper (B.1, B.2, B.3)			T Unit 1	Netball Skills			P Unit 2	Exam Paper (B.1, B.2, B.3)			T Unit 1	
5	Green Pen Exam Paper			T Unit 1	Netball Skills			P Unit 2	Netball Skills			P Unit 2	
6	Netball Skills			P Unit 2	Exam Paper (B.1, B.2, B.3)			T Unit 1	Green Pen Exam Paper			T Unit 1	
7	Netball Skills			P Unit 2	Green Pen Exam Paper			T Unit 1	Football Skills			P Unit 2	
8	Own Choice Skill 1 Write Up			T Unit 2	Football Skills			P Unit 2	Own Choice Skill 1 Write Up			T Unit 2	
9	Own Choice Skill 2 Write Up			T Unit 2	Football Skills			P Unit 2	Football Skills			P Unit 2	
10	Football Skills			P Unit 2	Own Choice Skill 1 Write Up			T Unit 2	Own Choice Skill 2 Write Up			T Unit 2	
May Half Term					May Half Term					May Half Term			
1	Football Skills			P Unit 2	Own Choice Skill 1 Write Up			T Unit 2	Football Skills			P Unit 2	
2	Own Choice Skill 3 Write Up			T Unit 2	Football Skills			P Unit 2	Own Choice Skill 3 Write Up			T Unit 2	
3	Own Choice Skill 4 Write Up			T Unit 2	Football Skills			P Unit 2	Football Skills			P Unit 2	
4	Basketball Skills			P Unit 2	Own Choice Skill 3 Write Up			T Unit 2	Own Choice Skill 4 Write Up			T Unit 2	
5	Basketball Skills			P Unit 2	Own Choice Skill 4 Write Up			T Unit 2	Football Skills			P Unit 2	
6	Own Choice Skill 5 Write Up			T Unit 2	Basketball Skills			P Unit 2	Own Choice Skill 4 Write Up			T Unit 2	
7	Exam Practice/Revision			T Unit 1	Basketball Skills			P Unit 2	Basketball Skills			P Unit 2	
8	Basketball Skills			P Unit 2	Own Choice Skill 5 Write Up			T Unit 2	Exam Practice/Revision			T Unit 1	
9	Inset Day				Exam Practice/Revision			T Unit 1	Basketball Skills			P Unit 2	
10	Exam Practice/Revision			T Unit 1	Basketball Skills			P Unit 2	Exam Practice/Revision			T Unit 1	
11	Unit 1 Exam Paper			T Unit 1	Experience Day 5				Basketball Skills			P Unit 2	
12	Basketball Skills			P Unit 2	Exam Practice/Revision			T Unit 1	Unit 1 Exam Paper			T Unit 1	
13	Basketball Skills			P Unit 2	Unit 1 Exam Paper			T Unit 1	Basketball Skills			P Unit 2	
14	Green Pen Exam Paper/ Game			T Unit 1	Basketball Skills			P Unit 2	Green Pen Exam Paper/ Game			T Unit 1	
Inset Day 4					Inset Day 4					Inset Day 4			
Inset Day 5					Inset Day 5					Inset Day 5			