

BTAH Sport and Fitness Overview

<u>YR</u>	<u>AUT 1</u>	<u>AUT 2</u>	<u>SPR 1</u>	<u>SPR2</u>	<u>SUM 1</u>	<u>SUM 2</u>
10	Anatomy and physiology for exercise	Anatomy and physiology for exercise	<p>Introduction to healthy exercise and nutrition</p> <p><i>PSHE; wellbeing and healthy lifestyle. Students to explore how to live a balanced healthy lifestyle</i></p> <p><i>Sustainability; how to plan meals for best cost and food wastage to meet fitness goals</i></p>	<p>Introduction to healthy exercise and nutrition</p> <p><i>PSHE; wellbeing and healthy lifestyle. Students to explore how to live a balanced healthy lifestyle</i></p> <p><i>Sustainably; how to plan meals for best cost and food wastage to meet fitness goals</i></p>	<p>Participating in sport</p> <p><i>Links – PSHE; wellbeing, movement for mindset and healthy lifestyle</i></p> <p><i>Careers; developing transferable skills while planning and running a sporting event/activity</i></p>	Coursework mop up
11	<p>Psychology in sport</p> <p><i>Links – PSHE; wellbeing and sporting mindset, students will learn how to identify their own challenges when it comes to sport</i></p>	<p>Psychology in sport</p> <p><i>Links – PSHE; wellbeing and sporting mindset, students will learn how to identify their own challenges when it comes to sport</i></p>	<p>Participating in sport</p> <p><i>Links – PSHE; wellbeing, movement for mindset and healthy lifestyle</i></p> <p><i>Careers; developing transferable skills while planning and running a sporting event/activity</i></p>	Coursework mop up	Coursework mop up	

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