

**YEAR
11**

SUMMER 1

Health and Nutrition

- Identify healthy food groups and hydration needs
- Plan balanced meals and nutrition choices
- Design and present a health campaign
- Reflect on lifestyle choices and wellbeing
- Celebrate progress in health awareness and personal growth



Personal Exercise & Fitness

SPRING 2



- Set personal fitness goals and explore wellbeing links
- Plan and take part in a fitness programme
- Track progress and reflect on physical and emotional impact
- Adapt fitness plans based on progress and feedback
- Celebrate improvements in fitness and wellbeing

SPRING 1

Leading Others

- Identify leadership traits and responsibilities
- Plan and lead team-based activities
- Motivate others and manage group roles
- Reflect on leadership performance and peer feedback
- Celebrate leadership progress and teamwork



Sports Coaching

AUTUMN 2



- Understand different coaching styles and responsibilities
- Plan and deliver warm-ups and coaching activities
- Communicate instructions clearly and confidently
- Reflect on coaching performance and peer feedback
- Celebrate progress and coaching strengths

AUTUMN 1

Taking part in sport

- Explore different types of sport and reasons for participation
- Identify local venues and access options
- Take part in individual and team sports safely
- Reflect on personal performance and progress
- Give and receive peer feedback on participation



**Coming From Key Stage 2; Referral;
Induction**