



**Summer 2  
Football**

**R181 Principles of training**  
TA5: Causes, symptoms and treatment of medical conditions



Components of Fitness	
<b>Health-Related</b>	
Strength	Flexibility
CARDIOVASCULAR ENDURANCE	
MUSCULAR ENDURANCE	BODY COMPOSITION
<b>Skill-Related</b>	
AGILITY	SPEED
Reaction Time	
BALANCE	POWER
COORDINATION	

**Summer 1  
Fitness**

**R180 Injuries & medical conditions**  
TA4: Reduce risk, treatment and rehabilitation of sports injuries and medical conditions

KEY  
STAGE  
**3**

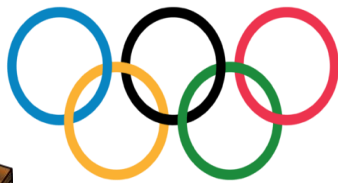
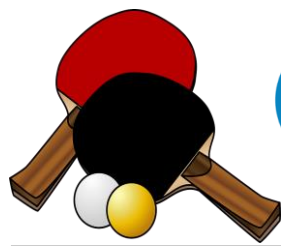
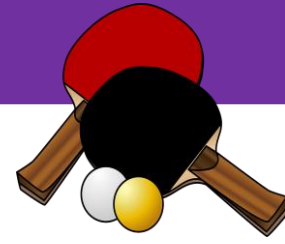
**Spring 1  
OAA/Team Building**

**R184 Contemporary Issues in sport**  
TA3: The implications of hosting a major sporting event for a city or country



**Spring 2  
Table Tennis**

**R180 Injuries & medical conditions**  
TA3: Different type and causes of injuries



**Autumn 2  
Table Tennis**

**R184 Contemporary Issues in sport**  
TA2 The role of sport in promoting values



**Autumn 1  
Basketball**

**R184 Contemporary Issues in sport**  
TA1 Issues which affect participation in sport



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