

HT	REVIEW AND EMBED / CONSOLIDATE	RESEARCH AND EXPLORE / REACTIVE	READ AND ENJOY / PROACTIVE
<b>June to June</b>	<ul style="list-style-type: none"> <li>Unit 1 Revision questions for Components of fitness</li> <li>Unit 1 Progress point revision</li> <li>Unit 1 Knowledge organisers; LAA - KG1, KG2 &amp; KG3</li> </ul>	<ul style="list-style-type: none"> <li>Unit 3 Research a range of appropriate PAR Qs</li> </ul>	<ul style="list-style-type: none"> <li>Unit 1&amp;3 Follow a workout of your choice at home</li> <li>Attend at least one extracurricular club</li> </ul>
<b>1</b>	<ul style="list-style-type: none"> <li>Unit 1 Revision questions for LAA &amp; LAB</li> <li>Unit 1 Assessment revision</li> <li>Unit 1 Knowledge organisers; LAA – All, LAB; KG1 &amp; KG2</li> </ul>	<ul style="list-style-type: none"> <li>Unit 3 Research 2 different training sessions for an Athlete of your choice (YouTube)</li> </ul>	<ul style="list-style-type: none"> <li>Unit 3 Adapt and follow these training sessions</li> <li>Unit 1&amp;3 Read a blog post of your choice from 'The Lean Machines'</li> <li>Attend at least one extracurricular club</li> </ul>
<b>2</b>	<ul style="list-style-type: none"> <li>Unit 1 Revision questions for LAA</li> <li>Unit 1 Assessment revision</li> <li>Unit 1 Knowledge organisers; LAA – All, LAB; All</li> </ul>	<ul style="list-style-type: none"> <li>Create a poster demonstrating the effect of your training programme on the body systems</li> </ul>	<ul style="list-style-type: none"> <li>Unit 1&amp;3 Read a blog post of your choice from 'Blogilates'</li> <li>Attend at least one extracurricular club</li> </ul>
<b>3</b>	<ul style="list-style-type: none"> <li>Unit 1 Revision questions for LAA</li> <li>Unit 1 Assessment revision</li> <li>Unit 1 Knowledge organisers; LAA – All, LAB - All, LAC - All</li> </ul>	<ul style="list-style-type: none"> <li>Unit 3 Research and carry out an additional session for your training programme</li> </ul>	<ul style="list-style-type: none"> <li>Unit 1&amp;3 Read a blog post of your choice from 'blog.choosefootball.com.au'</li> <li>Attend at least one extracurricular club</li> </ul>
<b>4</b>	<ul style="list-style-type: none"> <li>Unit 1 Revision questions for LAA</li> <li>Unit 1 Assessment revision</li> <li>Unit 1 Knowledge organisers; LAA – All, LAB - All, LAC - All</li> </ul>	<ul style="list-style-type: none"> <li>Unit 3 Research and carry out an additional session for your training programme</li> </ul>	<ul style="list-style-type: none"> <li>Attend at least one extracurricular club</li> </ul>
<b>5</b>	<ul style="list-style-type: none"> <li>Unit 1 Revision questions for LAA</li> <li>Unit 1 Assessment revision</li> <li>Unit 1 Knowledge organisers; LAA – All, LAB - All, LAC - All</li> </ul>	<ul style="list-style-type: none"> <li>Create a voice recording to evaluate your training programme</li> </ul>	<ul style="list-style-type: none"> <li>Attend at least one extracurricular club</li> </ul>