

White Bridge College - LONG TERM PLAN & RESOURCES 2018 - 2019

subject: Careers/P4WL

key stage:KS4/YEAR 10

staff: Surrya Glover

AUTUMN 1		SPRING 1		SUMMER 1				
<p>YMCA Fitness and Physical Activity</p> <p>Unit 2 – Participate in Physical Activity in the Fitness Environment</p> <p>Unit 4 – Understanding the Health & Fitness Industry</p> <p>Unit 5 – Exploring Physical Fitness</p> <p>Unit 8 – Assist in the delivery of an Exercise Session</p> <p>All units run concurrently and students are given a leaders choice regarding activity/sport.</p> <p>Choice of topics Activities:</p> <p>fitness/GymFootball,Table-tennis, Badminton, Volleyball, Dodgeball, Basketball, Tennis, Gymnastics</p>			<p>YMCA Fitness and Physical Activity</p> <p>Unit 2 – Participate in Physical Activity in the Fitness Environment</p> <p>Unit 4 – Understanding the Health & Fitness Industry</p> <p>Unit 5 – Exploring Physical Fitness</p> <p>Unit 8 – Assist in the delivery of an Exercise Session</p> <p>All units run concurrently and students are given a leaders choice regarding activity/sport.</p> <p>Choice of topics Activities:</p> <p>fitness/GymFootball,Table-tennis, Badminton, Volleyball, Dodgeball, Basketball, Tennis, Gymnastics</p>			<p>YMCA Fitness and Physical Activity</p> <p>Unit 2 – Participate in Physical Activity in the Fitness Environment</p> <p>Unit 4 – Understanding the Health & Fitness Industry</p> <p>Unit 5 – Exploring Physical Fitness</p> <p>Unit 8 – Assist in the delivery of an Exercise Session</p> <p>All units run concurrently and students are given a leaders choice regarding activity/sport.</p> <p>Choice of topics Activities;</p>		
HALF TERM		HALF TERM		HALF TERM				
AUTUMN 2		SPRING 2		SUMMER 2				
<p>YMCA Fitness and Physical Activity</p> <p>Unit 2 – Participate in Physical Activity in the Fitness Environment</p> <p>Unit 4 – Understanding the Health & Fitness Industry</p> <p>Unit 5 – Exploring Physical Fitness</p> <p>Unit 8 – Assist in the delivery of an Exercise</p>			<p>YMCA Fitness and Physical Activity</p> <p>Unit 2 – Participate in Physical Activity in the Fitness Environment</p> <p>Unit 4 – Understanding the Health & Fitness Industry</p> <p>Unit 5 – Exploring Physical Fitness</p> <p>Unit 8 – Assist in the delivery of an Exercise Session</p>			<p>YMCA Fitness and Physical Activity</p> <p>Unit 2 – Participate in Physical Activity in the Fitness Environment</p> <p>Unit 4 – Understanding the Health & Fitness Industry</p> <p>Unit 5 – Exploring Physical Fitness</p> <p>Unit 8 – Assist in the delivery of an Exercise Session</p>		