

Y10

DIFFERENT
SECTORS

PREPARE
PARTICIPANTS

DIFFERENT ACTIVITY TYPES FOR
DIFFERENT PARTICIPANTS

COMPONENT 1

AGE & OTHER
FACTORS

PHYSICAL
ACTIVITY

EXAMINE
TECHNOLOGY &
EQUIPMENT

TYPES OF
PROVISIONS

IMPROVING FITNESS

TRAINING METHODS
& PROCESSES

PRINCIPLES FOR
EXERCISE

COMPONENT 3

COMPONENTS OF
FITNESS & FITNESS
TESTING

MAKE CONNECTIONS
BETWEEN
KNOWLEDGE

DEVELOPING
PARTICIPANTS
PERFORMANCE

PHYSICAL ACTIVITY

TRAINING METHODS
& PROCESSES

IMPROVING FITNESS

METHODS TO IMPROVE
TECHNIQUE

PARTICIPATE IN
SPORT

COMPONENT 3

COMPONENT 2

Y11

MAKE
CONNECTIONS
BETWEEN
KNOWLEDGE

COMPONENTS OF
FITNESS & FITNESS
TESTING

ROLES &
RESPONSIBILITIES OF
OFFICIALS

DIFFERENT USES
OF COMPONENTS
OF FITNESS

PARTICIPATE IN
SPORT

METHODS TO IMPROVE
TECHNIQUE

COMPONENT 2

DIFFERENT USES
OF COMPONENTS
OF FITNESS

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