Greenwood School
PASSIONATE ABOUT PROGRESS

Plan for the Year Subject Healthy Life

Class KS3 2026-2027

Week	Week Commencing	SoW/Topics/Lesson Title	Qualification Link
1	21/08/26	**The roles of different food groups for body and fitness**	
2	07/09/26	Prior Knowledge Assessment	**75870 Life skills: Healthy eating Level: Level One**
3	14/09/26	The role of Carbohydrates in food on exercise and your body	
4	21/09/26	The role of Proteins in food on exercise and your body	
5	28/09/26	The role of Proteins in food on exercise and your body	
6	05/10/26	The role of saturated fats in food on exercise and your body	
7	12/10/26	The role of unsaturated fats in food on exercise and your body	
8	19/10/26	The role of fibre in food on exercise and your body	
	26/10/26		
9	02/11/26	The role of nutrients in food on exercise and your body	**79196 Food groups and healthy eating Level: Entry Level**
10	09/11/26	The role of hydration in food/drink on exercise and your body	
11	16/11/26	The role of hydration in food/drink on exercise and your body	
12	23/11/26	The role of dairy in food on exercise and your body	
13	30/11/26	Assessment	**129362 Health, fitness and wellbeing (unit 3): Energy use, diet, nutrition and hydration Level: Level One**
14	07/12/26	**Fuel Fitness and Performance**	
15	14/12/26	What makes a good performer? PE: Baseline fitness testing Food: Food group nutrition recap and introduce fuelling	
	21/12/26		
	28/12/26		
16	04/01/27	Energy & Exercise PE: Energy Systems, Intensity & Heart Rate Food: Calories/ energy in food	**121469 Sports science (unit 3): How nutrition improves performance Level: Level Two**
17	11/01/27	Carbohydrates and endurance PE: Endurance Training Food: Carbohydrates and Fuelling	
18	18/01/27	Protein & Recovery PE: Strength/Circuit Training Food: Protein & muscle repair	
19	25/01/27	Hydration PE: Dehydration &performance Food: Drinks, sugar & hydration	**75967 Nutrition in football Level: Entry Level**
20	01/02/27	Pre exercise nutrition PE: Preparing for a sporting event Food: What/ when to eat before exercise	
21	08/02/27	Post exercise recovery PE: Recovery, stretching, rest Food: Recover meals/ snacks	
	15/02/27		
22	22/02/27	Food and mental wellbeing PE: Exercise & mental health Food: Balanced meals, mood and eating habits	**129271 Healthy eating: Food and mood Level: Level One**
23	01/03/27	Nutrition, myths and marketing PE: Performance supplements Food: Food labels and marketing	**86943 Study of food labelling Level: Entry Level**

24	08/03/27	Allergens and Intolerances	**75291 Food allergies and intolerances Level: Entry Level**
25	15/03/27	The Sporting challenge 1 PE: Complete a specific sporting challenge Food: Plan food/ hydration for the sporting challenge	
26	22/03/27	The Sporting challenge 2 PE: Complete a specific sporting challenge Food: Plan food/ hydration for the sporting challenge	
	29/03/27		
	05/04/27		
27	12/04/27	The Sporting challenge 3 PE: Complete a specific sporting challenge Food: Plan food/ hydration for the sporting challenge	**124900 Developing a sport and fitness programme Level: Level One**
28	19/04/27	The Sporting challenge 4 PE: Complete a specific sporting challenge Food: Plan food/ hydration for the sporting challenge	
29	26/04/27	The Sporting challenge 5 PE: Complete a specific sporting challenge Food: Plan food/ hydration for the sporting challenge	
30	03/05/27	The Sporting challenge 6 PE: Complete a specific sporting challenge Food: Plan food/ hydration for the sporting challenge	
31	10/05/27	8-week Fitness programme PE: Week 1 of fitness programme Food: Fuel for fitness	
32	17/05/27	8-week Fitness programme PE: Week 2 of fitness programme Food: Fuel for fitness	
33	24/05/27	8-week Fitness programme PE: Week 3 of fitness programme Food: Fuel for fitness	
	31/05/27		
34	07/06/27	8-week Fitness programme PE: Week 4 of fitness programme Food: Fuel for fitness	
35	14/06/27	8-week Fitness programme PE: Week 5 of fitness programme Food: Fuel for fitness	
36	21/06/27	8-week Fitness programme PE: Week 6 of fitness programme Food: Fuel for fitness	
37	28/06/27	8-week Fitness programme PE: Week 7 of fitness programme Food: Fuel for fitness	
38	05/07/27	8-week Fitness programme PE: Week 8 of fitness programme Food: Fuel for fitness	
39	12/07/27	Assessment	