Greenwood School
PASSIONATE ABOUT PROGRESS

Plan for the Year

PE

Class 11A, 11B & 10A

2026-2027

Week	Week Commencing	SoW/Topics/Lesson Title	Qualification Link
1	21/08/26		BTEC L1 Introductory Qualification in Sport Unit A2: Personal Progression Plan
2	07/09/26	Conducting fitness testing	
3	14/09/26	Conducting fitness testing	
4	21/09/26	Conducting fitness testing	
5	28/09/26	Benefits and purpose of a progression plan	
6	05/10/26	Benefits and purpose of a progression plan	
7	12/10/26	Progression opportunities	
8	19/10/26	Progression opportunities	
	26/10/26		
9	02/11/26	Setting a progression goal	Unit A2: Personal Progression Plan AQA Unit: 73046
10	09/11/26	Setting a progression goal	
11	16/11/26	Creating a progression plan	
12	23/11/26	Creating a progression plan	
13	30/11/26	Reviewing own skills and behaviours against progression goals	
14	07/12/26	Skills and behaviours required to meet progression goals	
15	14/12/26	Assessment	
	21/12/26		
	28/12/26		
16	04/01/27	Fitness components	Unit SP6: Training for Fitness AQA Units: 128114 117206 116696 71406 99608
17	11/01/27	Fitness components	
18	18/01/27	Conducting fitness testing	
19	25/01/27	Conducting fitness testing	
20	01/02/27	Methods of training	
21	08/02/27	Methods of training	
	15/02/27		
22	22/02/27	Training session aims and individual needs	Unit SP6: Training for Fitness AQA Unit: 128120
23	01/03/27	Training session aims and individual needs	
24	08/03/27	Considerations when planning training sessions	
25	15/03/27	Considerations when planning training sessions	
26	22/03/27	Warm up and cool downs	
	29/03/27		
	05/04/27		
27	12/04/27	How to plan a training session	Unit SP6: Training for Fitness AQA Units: 116677 116154
28	19/04/27	How to plan a training session	
29	26/04/27	How to deliver a training session	
30	03/05/27	How to deliver a training session	
31	10/05/27	How to communicate with and motivate others	
32	17/05/27	How to communicate with and motivate others	
33	24/05/27	Assessment	
	31/05/27		
34	07/06/27	Show skills and techniques in sport	Unit SP7: Playing Sport
35	14/06/27	Show skills and techniques in sport	
36	21/06/27	Show skills and techniques in sport	
37	28/06/27	Review own performance when playing sport to improve skills and techniques	
38	05/06/27	Review own performance when playing sport to improve skills and techniques	
39	12/06/27	Assessment	