

We hope this route through provides useful information about what students are studying in the classroom and beyond.
Please contact us or visit our website for more information.

Subject	What are students learning in lessons?	What are students learning in home learning?
Autumn Term 1	Component 3: developing fitness to improve other participants performance in sport and physical activity, components of fitness, fitness tests, training methods, processes and principles.	1 hour per week: completing set tasks in green question booklet. Revision flash cards.
Autumn Term 2	Component 3: developing fitness to improve other participants performance in sport and physical activity. Apply facts (AO3) and make connections (AO4) in components of fitness, fitness tests and training to improving fitness in sport and exercise.	1 hour per week: completing set tasks in green question booklet. Creating revision flash cards and using them to revise.
Spring Term 1	Component 3 resit window for students that have not yet passed.	1 hour per week: completing revision and past exams.
Spring Term 2	Component 3 resit window for students who need it.	1 hour per week: completing revision and past exams.
Summer Term 1	Component 2 Resit: Taking Part and Improving Other Participants Sporting Performance (for all students resitting). Component 3 Exam: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity (for all students resitting).	1 hour per week: revision and exam preparation for external Component 3 exam.
Summer Term 2	Course completed.	No home learning.
Every mark matters	Assessment	Key contacts
	Students think hard, answer lots of questions and get feedback on their work every lesson. Mocks: Autumn 2. PPE: Spring 2. GCSE Exams: Summer 1 and 2.	Head of Department: Rhys.Thompson@ theregisschool.co.uk