

TIMEFRAME	4 weeks	2 blocks of 6-8 weeks	2 weeks	2 blocks of 6-8 weeks	6-8 weeks
CONTENT	Fitness and Cross Country	Choice of Soft Tennis, Orienteering, Handball	Scottish Country Dancing	Choice of Soft Tennis, Orienteering, Handball	Athletics
RESOURCES	PE Kit				
ASSESSMENT	Completion of Fitness Booklet Professional Judgement in line with relevant benchmarks	Professional Judgement in line with relevant benchmarks	Professional Judgement in line with relevant benchmarks	Professional Judgement in line with relevant benchmarks	Judgement in line with relevant benchmarks
HOMEWORK	N/A				
WORLD OF WORK	Exercise Physiologist - Fitness Centre Manager - Secondary School Teacher - Sports Administrator - Sports Coach - Sports Development Officer - Sports Therapist – Fitness Instructor – Physiotherapist – Outdoor Education Instructor – Sports Development Officer – Personal Trainer – Sports Psychologist – Sports Scientist				
WHAT CAN PARENTS/CARERS DO TO HELP?	Encourage best effort at all times? Ensure pupils bring PE kit to school				

