



SPORT

**Your
Future**

Exams

**Summer 1:
Employment
in fitness
industry**

**Year
10/11**

**Autumn 1:
Muscular
and
skeletal
system**

**Autumn 2:
Structure
of
respiratory
system**

**Spring 1:
Balanced
diet**

**Spring 2:
Benefits of
exercise**

Ongoing encouragement to participate in physical exercise