



**Elms** Bank  
School & College

Excellence for All

**Gym**

**Long Term Plan – Inspire KS5**

Key Stage 5	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 13	Participating in Sport <ul style="list-style-type: none"> <li>• Organise a sports activity</li> <li>• Take part in a sporting activity</li> <li>• Rules and regulations of sports</li> </ul>	Anatomy & Physiology for Exercise <ul style="list-style-type: none"> <li>• Skeletal system</li> <li>• Muscular system</li> </ul>	Anatomy & Physiology for Exercise <ul style="list-style-type: none"> <li>• Cardiovascular system</li> <li>• Respiratory system</li> </ul>	Introduction to healthy exercise and nutrition <ul style="list-style-type: none"> <li>• Effects of exercise on the body</li> <li>• Components and principles of fitness</li> </ul>	Introduction to healthy exercise and nutrition <ul style="list-style-type: none"> <li>• Nutritional guidelines for different demographics</li> <li>• Health benefits of good nutrition</li> </ul>	Planning and Running a Sports Event <ul style="list-style-type: none"> <li>• Different types of sports events</li> <li>• Plan a sports event</li> <li>• Contribute to the organisation and running of a sports event</li> </ul>