

### DHS Year 8PHF - Scope and Sequence

Term	Wk	Theory	Practical	Assessments
<b>1</b>	1	Heat week		
	2	Physical Fitness	Fitness Testing & Types of Training	AT1: Fitness Testing (25%) Week 4
	3			
	4			
	5			
	6			
	7	How the Body Moves		AT2: Analysing Fitness Results (25%) Week 9
	8			
	9			
	10			
	11			
<b>2</b>	1	Nutrition For Sporting Performance		Individual and Team Sports
	2			
	3			
	4			
	5			
	6	Revision	AT4: Ongoing Prac Observation (20%) Week 1 - 9	
	7			
	8			
	9			

### DHS Year 8PHF - Scope and Sequence

Term	Wk	Theory	Practical	Assessments
<b>3</b>	1	Physical Fitness	Fitness Testing & Types of Training	AT1: Fitness Testing (25%) Week 4
	2			
	3			
	4			
	5			
	6	How the Body Moves		AT2: Analysing Fitness Results (25%) Week 9
	7			
	8			
	9			
	10			
<b>4</b>	1	Nutrition For Sporting Performance	Individual and Team Sports	AT3: In Class Test (30%) Week 5
	2			
	3			
	4			
	5			
	6	Revision		AT4: Ongoing Prac Observation (20%) Week 1 - 9
	7			
	8			
	9			
	10			