

ASDAN Sports and Fitness	Autumn 1 (Class Rotation 1)	Autumn 2 (Class Rotation 2)	Spring 1 (Class Rotation 3)	Spring 2 (Class Rotation 4)	Summer 1 (Class Rotation 5)	Summer 2 (Class Rotation 6)
<p style="text-align: center;">KS3 and KS4</p> <p>[An ASDAN Unit Award for each 10 hour block successfully completed]</p>	<p>10 hours of involvement in various sporting activities carried out in a variety of settings.</p> <p>Evidence based portfolio of their activities.</p> <p>The course comprises of a choice from these modules:</p> <p>Sports Participation</p> <p>Health, Fitness and Nutrition</p> <p>Sport in the Community</p>	<p>10 hours of involvement in various sporting activities carried out in a variety of settings.</p> <p>Evidence based portfolio of their activities.</p> <p>The course comprises of a choice from these modules:</p> <p>Sports Participation</p> <p>Health, Fitness and Nutrition</p> <p>Sport in the Community</p>	<p>10 hours of involvement in various sporting activities carried out in a variety of settings.</p> <p>Evidence based portfolio of their activities.</p> <p>The course comprises of a choice from these modules:</p> <p>Sports Participation</p> <p>Health, Fitness and Nutrition</p> <p>Sport in the Community</p>	<p>10 hours of involvement in various sporting activities carried out in a variety of settings.</p> <p>Evidence based portfolio of their activities.</p> <p>The course comprises of a choice from these modules:</p> <p>Sports Participation</p> <p>Health, Fitness and Nutrition</p> <p>Sport in the Community</p>	<p>10 hours of involvement in various sporting activities carried out in a variety of settings.</p> <p>Evidence based portfolio of their activities.</p> <p>The course comprises of a choice from these modules:</p> <p>Sports Participation</p> <p>Health, Fitness and Nutrition</p> <p>Sport in the Community</p>	<p>10 hours of involvement in various sporting activities carried out in a variety of settings.</p> <p>Evidence based portfolio of their activities.</p> <p>The course comprises of a choice from these modules:</p> <p>Sports Participation</p> <p>Health, Fitness and Nutrition</p> <p>Sport in the Community</p>