

	<b>Half term 1 Learning Overview</b>	<b>Half term 2 Learning Overview</b>	<b>Half term 3 Learning Overview</b>	<b>Half term 4 Learning Overview</b>	<b>Half term 5 Learning Overview</b>	<b>Half term 6 Learning Overview</b>
<b>Year 10 GCSE</b>	<p>Applied Anatomy and Physiology/ Physical Training.</p> <p>Intro to Paper 1 Structure and Function of the body - Skeletal system and muscular system, Movement Analysis.</p> <p>Students will review the main bones and muscles used within sporting actions. Direct links will be made between sporting performance and movement.</p>	<p>Applied Anatomy and Physiology/ Physical Training.</p> <p>Movement analysis, antagonistic pairs, levers, planes and axis.</p> <p>Students will review biomechanics and links to sporting actions. Students will make direct links to physical performance and actions used within sports they participate in. Links will be made to the AEP.</p>	<p>Applied Anatomy and Physiology/ Physical Training.</p> <p>Cardiovascular and Respiratory system - Structures, Long/ Short term effects of exercise on the body.</p> <p>Analysis of the CV and respiratory system. Students will review how performance can impact the CV and respiratory system in the short and long term.</p>	<p>Applied Anatomy and Physiology/ Physical Training.</p> <p>Principles of training - Sport and FITT. Types of training and training methods.</p> <p>Students will make direct links between training methods and performance. They will make reference to sports they play and put this into a practical environment. Links will also be made to the AEP.</p>	<p>Applied Anatomy and Physiology/ Physical Training.</p> <p>Injury Prevention - Warm up and cool downs, prevention of injury</p> <p>Students will analyse warm up and cool downs. Students will practically demonstrate warm up and cool down and prepare a warm up that links to the AEP.</p>	<p>Applied Anatomy and Physiology/ Physical Training.</p> <p>Writing Frameworks and Interleaving activities - Cross reference between paper 1 and 2 - Links between fitness, A&amp;P Case study task in preparation for year 10 and AEP writing AEP Writing - AEP planning and writing - Links to practical and fitness testing (Intro to year 2)</p>
<b>Year 11 GCSE</b>	<p>Socio-cultural influences and sports psychology.</p> <p>Engagement patterns - Factors affection participation in sport and exercise. Sports Bodies (NGB'S), (DCMS)</p>	<p>Socio-cultural influences and sports psychology.</p> <p>Ethical Issues - Sportsmanship, Drugs In Sport, Violence in Sport Sports Psychology</p>	<p>Socio-cultural influences and sports psychology.</p> <p>Mental Preparation/ Rehearsal, Skill Continuums, Characteristics of Movement, Goal Setting</p>	<p>Socio-cultural influences and sports psychology.</p> <p>Nutrition and diet. How does diet impact performance.</p>	<p>Socio-cultural influences and sports psychology.</p> <p>Interleaving and understanding the link between topics covered Case study around specific sport (Links to Exam writing and AEP planning)</p>	<p>Revision and exam preparation</p> <p>Applied Anatomy and Physiology/ Physical Training. Socio-cultural influences and sports psychology (02)</p>
<b>Year 10 BTEC</b>	<p>Unit 2 Practical performance in Sport</p> <p>Understand the rules, regulations and scoring systems, Practically demonstrate skills, techniques and tactics, be able to review sports performance</p> <p>Unit 1 Fitness for Sport and Exercise</p>	<p>Unit 2 Practical performance in Sport</p> <p>Understand the rules, regulations and scoring systems, Practically demonstrate skills, techniques and tactics, be able to review sports performance</p> <p>Unit 1 Fitness for Sport and Exercise</p>	<p>Unit 6 Leading Sports Activities</p> <p>Know the attributes of successful sports leadership, undertake planning and leading of sports activities, review the planning and leading of sports activities</p> <p>Unit 1 Fitness for Sport and Exercise</p>	<p>Unit 6 Leading Sports Activities</p> <p>Know the attributes of successful sports leadership, undertake planning and leading of sports activities, review the planning and leading of sports activities</p> <p>Unit 1 Fitness for Sport and Exercise</p>	<p>Unit 1 Fitness for Sport and Exercise</p> <p>Components of Fitness and the Principles of Exercise, Exploring different fitness training methods, Investigate fitness testing to determine fitness levels</p>	<p>Unit 1 Fitness for Sport and Exercise</p> <p>Components of Fitness and the Principles of Exercise, Exploring different fitness training methods, Investigate fitness testing to determine fitness levels</p>

<p><b>Year 11</b></p> <p><b>BTEC</b></p>	<p>Unit 3 Applying the Principles of Personal Training</p> <p>Design a personal fitness programme, Know about the musculoskeletal system and cardio respiratory system and the effects on the body during training, Implementing and reviewing a fitness programme</p> <p>Unit 1 Fitness for Sport and Exercise</p>	<p>Unit 3 Applying the Principles of Personal Training</p> <p>Design a personal fitness programme, Know about the musculoskeletal system and cardio respiratory system and the effects on the body during training, Implementing and reviewing a fitness programme</p> <p>Unit 1 Fitness for Sport and Exercise</p>	<p>Unit 1 Fitness for Sport and Exercise</p> <p>Components of Fitness and the Principles of Exercise, Exploring different fitness training methods, Investigate fitness testing to determine fitness levels</p> <p>Unit 1 Fitness for Sport and Exercise</p>	<p>Exam prep and Catch up</p>	<p>Exam prep and catch up</p>	
--	---	---	--	-------------------------------	-------------------------------	--