



|                    |  | Autumn1   | Autumn 2   | Spring 1  | Spring 2  | Summer 1   | Summer 2   |
|--------------------|--|---|--|---|---|--|--|
| Year 10            |  | <b>Components of fitness</b><br>Lifestyle, energy, diet   | <b>Fitness tests; Principles of Training</b><br>Mental prep, goal setting, SMART   | <b>Methods of Training</b><br>PEP   | <b>Injury &amp; Trial Exam</b><br>Guidance  | <b>Injury / PEDs</b><br>Skill classification   | <b>Muscular system</b><br>Engagement, Commercialisation,<br>Ethical issues   |
|                    |  | ATR / HWH<br><br>Intro<br>3.1.1 Relationship between health, fitness and the role of exercise & performance<br><br>3.2.1 Components of fitness<br><br>JWS<br>2 lessons / fortnight<br><br>1.2 Consequences of a sedentary lifestyle<br><br>1.3 Energy use, diet, nutrition and hydration<br><br>1 lesson / fortnight<br>PRACTICAL | ATR / HWH<br><br>3.2.2 Fitness tests: the value of fitness testing<br>3.2.4 Fitness tests for specific components of fitness<br><br>3.3.1 Planning training using the principles of training<br><br>JWS<br>2 lessons / fortnight for 6 wks<br><br>2.4 Mental preparation for performance<br><br>2.2 The use of goal setting and SMART targets<br><br>PEP written prep 3.5.1;<br><br>1 lesson / fortnight for 6 wks<br>PRACTICAL<br><br>3 lessons per fortnight for 2 wks<br>PEP Practical prep 3.2.3 | ATR / HWH<br><br>3.3.2 Factors to consider when deciding the most appropriate training methods / intensities<br>3.3.3 The use of different training methods for specific components of fitness, physical activity and sport<br><br>3.6.1 The purpose and importance of warm-ups and cool downs<br>3.6.2 Phases of a warm-up and their significance in preparation for physical activity and sport<br>3.6.3 Activities included in warm-ups and cool downs<br><br>JWS<br><br>PEP | ATR / HWH<br><br>TRIAL EXAM PREP<br>TRIAL EXAMS<br>TRIAL EXAM REVIEW<br><br>3.5.2 Injury prevention<br>3.5.3 Injuries that can occur during physical activity and sport<br><br>JWS<br><br>2 lessons / fortnight for 3 wks<br>PEP review<br><br>2 lessons / fortnight for 3 wks<br><br>2.3.1 Types of guidance<br><br>2.3.2 Advs and disavds of each type of guidance<br><br>1 lesson / fortnight for 6 wks<br>PRACTICAL | ATR / HWH<br><br>3.5.4 RICE<br>3.5.5 PEDs<br><br>JWS<br>2 lessons / fortnight<br><br>2.1 Classification of skills<br><br>1 lesson / fortnight<br>PRACTICAL | ATR / HWH<br><br>1.1.2 Movement possibilities at joints<br>1.1.7 Classification & characteristics of muscle types<br>1.1.8 Location & role of voluntary muscles to work with the skeleton to bring about specific movement<br>1.1.9 Antagonistic pairs<br>1.1.10 Characteristics of fast & slow twitch muscle fibre types<br><br>1.4.1 Effects of exercise on the muscular system – Lactate accumulation, muscle fatigue<br><br>JWS<br><br>1 lesson / fortnight<br>3.1 Engagement patterns<br>3.2 Commercialisation<br>3.3 Ethical & Social Issues<br><br>2 lessons / fortnight<br>PRACTICAL |
| <b>Assessments</b> |  |   |  |   |   |  |  |

|         |  | Autumn1  | Autumn 2  | Spring 1  | Spring 2   | Summer 1  |
|---------|--|--|---|---|--|---|
| Year 11 |  | <b>Movement analysis &amp; Trial Exams Feedback</b><br><br>ATR / HWH<br><b>2.1.1</b> 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> class levers and their use in physical activity<br><b>2.1.2</b> Mechanical advantage and disadvantage<br><br><b>2.2.1</b> Movement patterns using body planes and axes<br><b>2.2.2</b> Movement in sagittal plane / frontal axis when somersaulting<br><b>2.2.3</b> Movement in frontal plane / sagittal axis when cartwheeling<br><b>2.2.4</b> Movement in transverse plane / vertical axis when performing full twist<br><br>TRIAL EXAM preparation<br>TRIAL EXAM wk 1<br><br><b>JWS</b><br><br>1 lesson / fortnight<br><br><b>2.3.3</b> Types of feedback<br><b>2.3.4</b> Interpretation and analysis of graphical representation of data<br><br>TRIAL EXAM prep<br>TRIAL EXAMS wk 1<br><br>1 lesson / fortnight<br><b>PRACTICAL</b> | <b>Trial exams &amp; CV system Health, fitness, well-being</b><br><br>ATR / HWH<br><br>TRIAL EXAMS wk 2<br>REVIEW OF TRIAL EXAM<br><br><b>1.2.1</b> Functions of the CV system<br><b>1.2.2</b> Structure of the CV system<br><b>1.2.3</b> Structure of arteries, capillaries and veins<br><b>1.2.4</b> Mechanisms required and the need for redistribution of blood flow<br><b>1.2.5</b> Function and importance of RBCs, WBC, platelets and plasma<br><b>1.4.2</b> Short term effects of exercise on HR, SV & Q<br><br><b>JWS</b><br><br>1 lesson / fortnight<br><br>TRIAL EXAMS wk 2<br>REVIEW OF TRIAL EXAM<br><br><b>1.1</b> Physical, emotional and social health, fitness and wellbeing<br><br>1 lesson per fortnight<br><b>PRACTICAL</b> | <b>Resp system &amp; Trial exams Practical</b><br><br>ATR / HWH<br><br><b>1.2.6</b> Composition of inhaled and exhaled air and the impact of physical activity on this composition<br><b>1.2.7</b> Vital capacity & tidal volume<br><b>1.2.8</b> Location of main components of respiratory system<br><b>1.2.9</b> Structure of alveoli to enable gas exchange and the process of gas exchange to meet the demands of exercise<br><br><b>1.4.3</b> Short term effects of exercise on rate & depth of breathing<br><br>TRIAL EXAM PREP<br>TRIAL EXAMS wk 1<br><br><b>JWS</b><br><br>2 Lessons per fortnight for 4 wks<br><b>PRACTICAL</b><br><br>2 lessons per fortnight for 2 wks<br>TRIAL EXAM preparation<br>TRIAL EXAMS wk 1 | <b>Trial exams, skeletal system Energy, diet, hydration</b><br><br>ATR / HWH<br><br>TRIAL EXAMS WEEK 2<br>TRIAL EXAM REVIEW<br><br><b>1.2.10</b> How the CV & Resp systems work together to allow participation in physical activity<br><br><b>1.4.4</b> How the cardiovascular and respiratory systems work together to allow participation in, and recovery from physical activity<br><br><b>1.1.1</b> The functions of the skeleton<br><b>1.1.3</b> Classification of bones<br>Structure of skeleton<br><br><b>JWS</b><br><br>2 lessons per fortnight<br><br><b>1.3</b> Energy use, diet, nutrition and hydration | <b>Revision &amp; Paper 1</b><br><br>ATR / HWH<br><br><b>1.1.4</b> Classification of joints<br><b>1.1.6</b> The role of ligaments and tendons<br><b>Effects of exercise on the skeletal system</b><br><br><b>1.1.11</b> How the skeletal & muscular systems work together<br><br>REVISION<br><br><b>JWS</b><br>REVISION |
|         |  | <b>Assessments</b>   |   |   |  |   |