

Section 1 - Analysis

Section 2 - Evaluation

Analysis of two areas of strength within a specific sporting context. One is a skill, the other is a component of fitness

Analysis of two areas of weakness within a specific sporting context. One is a skill, the other is a component of fitness

Creating an action plan that will develop the component of fitness identified as a weakness.

Practical = Cricket

Coursework

Paper 1 Mock

Year 10 HT6

Practical = Athletics

Theory - Unit 3: Physical Training

Preventing injury



Types of training

Training Thresholds

The principles of training

Warming up and cooling down

The components of fitness – agility, balance, cardiovascular endurance, coordination, flexibility, muscular endurance, power, reaction time, strength and speed

Agility

Fitness Testing

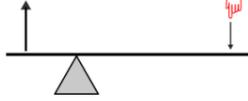
Theory - Unit 3: Physical Training

Practical = Badminton

Year 10 HT5

Planes of movement and axes of rotation during sporting actions

Mechanical Advantage of the different levers



Drawing linear versions of the different lever systems to include fulcrum, load and effort

Year 10 HT4

Practical = Netball

Theory - Unit 2: Movement Analysis

Types of levers – First, Second and Third Class

The pathway of blood and how it is redistributed during exercise

Cardiac output, stroke volume and heart rate

The recovery process

Year 10 HT3

Theory - Unit 1: Applied Anatomy and Physiology

Practical = Table Tennis

Aerobic exercise and Anaerobic exercise

The immediate, short term and long term effects of exercise

Year 10 HT2

The structure and functions of the muscular system



The structure of a synovial joint and the different types of joints



Gaseous Exchange



The respiratory system

Theory - Unit 1: Applied Anatomy and Physiology

Practical = Football

Year 10 HT1

Movements at a joint

The structure and functions of the skeleton