

Year	AC1	AC2	AC3
<p>GCSE 10</p>	<p>Topic Overview (from Co Design Theme): Health and Fitness, Components of Fitness, Fitness Testing and Types of Training</p> <p>NC links: develop competence to achieve in a broad range of physical skills and competitive experiences to fore fill exam board expectations. Can respond independently showing depth of knowledge at A01 to sporting examples and concepts at A02 to extended evaluation and analysis of performance for A03.</p> <p>GCSE Year 11 Links: Extended question responses</p>	<p>Topic Overview (from Co Design Theme): Factors that affect participation in sport, Reason people participate in sport, sedentary lifestyle, diet, somatotypes, muscular skeletal system, ethics in sport, aerobic and anaerobic exercise, EPOC, effects of exercise, data collection</p> <p>NC links: develop competence to achieve in a broad range of physical skills and competitive experiences to fore fill exam board expectations. Can respond independently showing depth of knowledge at A01 to sporting examples and concepts at A02 to extended evaluation and analysis of performance for A03.</p> <p>GCSE Year 11 Links: Extended question responses</p>	<p>Topic Overview (from Co Design Theme): Smart targets, info processing, guidance and feedback, inverted U theory, respiratory and spirometer trace,</p> <p>NC links: develop competence to achieve in a broad range of physical skills and competitive experiences to fore fill exam board expectations. Can respond independently showing depth of knowledge at A01 to sporting examples and concepts at A02 to extended evaluation and analysis of performance for A03.</p> <p>GCSE Year 11 Links: Extended question responses</p>
<p>GCSE 11</p>	<p>Topic Overview (from Co Design Theme): Heart structure, blood flow, levers, planes,</p> <p>NC links: Can respond independently showing depth of topic knowledge at A01 to sporting examples and developed concepts at A02 to extended evaluation and analysis of performance for A03, including some synoptic content.</p> <p>GCSE Year 11 Links: Extended question responses and synoptic content</p>	<p>Topic Overview (from Co Design Theme): Coursework, Aggression, personality, motivation, commercialisation and technology, REVISION</p> <p>NC links: Can respond independently showing depth of topic knowledge at A01 to sporting examples and developed concepts at A02 to extended evaluation and analysis of performance for A03, including some synoptic content.</p> <p>GCSE Year 11 Links: Extended question responses and synoptic content</p>	<p>Topic Overview (from Co Design Theme):</p> <p>NC links: Can respond independently showing depth of topic knowledge at A01 to sporting examples and developed concepts at A02 to extended evaluation and analysis of performance for A03, including some synoptic content.</p> <p>GCSE Year 11 Links: Extended question responses and synoptic content</p>

Year 12	AC1	AC2	AC3
<p>Section A</p>	<p>Topic Overview: Anatomy and Physiology</p> <p>Course links: develop competence to excel in a broad range of understanding of the key roles and function of the cardiovascular system, respiratory system, the Muscular system and skeletal systems.</p> <p>Further study Links: To enable students to begin to consider synoptic links between topic areas and extend understanding to sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>	<p>Topic Overview: Training and Preparation for Exercise</p> <p>Course links: develop competence to excel in a broad range of understanding of the key roles and function of nutrition for bodily functions, application of supplements to sporting performance and excellence. To understand training methods and how best they apply to specific sports and fitness levels.</p> <p>Further study Links: To enable students to begin to consider synoptic links between topic areas and extend understanding to sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>	<p>Topic Overview: Biomechanical Movement and Energy systems</p> <p>Course links: develop competence to excel in a broad range of understanding of the key roles and functions of movements in action. Apply Newtons 3 laws to sporting actions and outcomes. Understand how energy is provided for various sporting durations and intensities. Specialist training and injury prevention methods.</p> <p>Further study Links: To enable students to begin to consider synoptic links between topic areas and extend understanding to sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>
<p>Section B</p>	<p>Topic Overview: Skill Acquisition</p> <p>Course links: develop competence to excel in a broad range of understanding of the key roles within skill characteristics, transfer of learning and different practice types and methods</p> <p>Further study Links: To enable students to begin to consider synoptic links between topic areas and extend understanding to sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>	<p>Topic Overview: Skill Acquisition</p> <p>Course links: develop competence to excel in a broad range of understanding of the key roles within principles and theories of learning. These include the stages of learning, types of guidance and feedback, learning plateaus and curves alongside the theories of how we learn</p> <p>Further study Links: To enable students to begin to consider synoptic links between topic areas and extend understanding to sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>	<p>Topic Overview: Skill Acquisition</p> <p>Course links: develop competence to excel in a broad range of understanding of the key roles within information processing. These include our memory, information processing models and Schema theory. In addition to this we study reaction time and its importance when processing information</p> <p>Further study Links: To enable students to begin to consider synoptic links between topic areas and extend understanding to sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>
<p>Section C</p>	<p>Topic Overview: Sport & Society</p> <p>Course links: develop competence to excel in a broad range of understanding of the emergence of the globalisation of sport in the twenty-first century, including pre and post industrialisation, amateurism and professionalism and development of football.</p> <p>Further study Links: To enable students to begin to consider synoptic links between topic areas and extend understanding to sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>	<p>Topic Overview: Sport & Society</p> <p>Course links: develop competence to excel in a broad range of understanding of the emergence of the globalisation of sport in the twenty-first century, including development of lawn tennis, athletics, golden triangle, commercialisation and the media.</p> <p>Further study Links: To enable students to begin to consider synoptic links between topic areas and extend understanding to sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>	<p>Topic Overview: Sport & Society</p> <p>Course links: develop competence to excel in a broad range of understanding of the impact of sport on society and of society on sport, including sociology of sport, under-represented groups and Sport England.</p> <p>Further study Links: To enable students to begin to consider synoptic links between topic areas and extend understanding to sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>

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<p>Section A</p>	<p>Topic Overview: Biomechanical principles in Action</p> <p>Course links: develop competence to excel in a broad range of the key movement patterns and measurements of linear and angular motion in action. Factors affecting projectile motion and displacement in parabolic flight. Fluid mechanics and factors which affect drag. The Bernoulli principle and its application to sporting examples.</p> <p>Understand measurements in motion and apply theses to sporting examples.</p> <p>Further study Links: To enable students to apply synoptic links between topic areas and extend understanding to utilise varied sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>	<p>Topic Overview: Applied Anatomy and Exercise Physiology</p> <p>Course links: develop competence to excel in a broad range of understanding of the key roles and the synoptic function of the cardiorespiratory system and its chemical exchange processes. How the neuromuscular system and musculoskeletal systems work together to create movement through planes and axis. Examine the key roles and function of nutrition for optimal bodily functions which support athletic developments. Analysis of the advantages and disadvantages of dietary supplements to sporting outcomes. To evaluate specialist training and recovery methods.</p> <p>Further study Links: To enable students to apply synoptic links between topic areas and extend understanding to utilise varied sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>	<p>Topic Overview: Revision and final exams.</p> <p>Topic Overview: Applied Anatomy and Exercise Physiology</p> <p>Course links: develop competence to excel in a broad range of understanding of the key roles and the synoptic application of theory into essay style questions</p> <p>Further study Links: To enable students to apply synoptic links between topic areas and extend understanding to utilise varied sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>
<p>Section B</p>	<p>Topic Overview: Sport Psychology</p> <p>Course links: develop competence to excel in a broad range of the concepts of psychological influence on individuals. These include our personality, attitudes, and arousal levels. Alongside our levels of anxiety and aggression, motivation</p> <p>Further study Links: To enable students to apply synoptic links between topic areas and extend understanding to utilise varied sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>	<p>Topic Overview: Sport Psychology</p> <p>Course links: develop competence to excel in a broad range of the concepts of psychological influence on teams. These include social facilitation and inhibition, the dynamics of a group and cohesion, goal setting.</p> <p>Further study Links: To enable students to apply synoptic links between topic areas and extend understanding to utilise varied sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>	<p>Topic Overview: Sport Psychology</p> <p>Course links: develop competence to excel in a broad range of the concepts of psychological factors that can influence an individual in physical activities . These include achievement motivation, confidence in sport, and the impact of leadership. Alongside this we study the impact of stress and attribution theory.</p> <p>Further study Links: To enable students to apply synoptic links between topic areas and extend understanding to utilise varied sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>
<p>Section C</p>	<p>Topic Overview: Sport & Society & the role of technology in physical activity and sport</p> <p>Course links: develop competence to excel in a broad range of the concepts of physical activity and sport, the development of elite performers in sport, ethics in sport, violence in sport, drugs in sport, sport and the law and commercialisation.</p> <p>Further study Links: To enable students to apply synoptic links between topic areas and extend understanding to utilise varied sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>	<p>Topic Overview: Sport & Society & the role of technology in physical activity and sport</p> <p>Course links: develop competence to excel in a broad range of the concepts of analysis and evaluation of AA2 and AA3 weaknesses, to be able to complete coursework.</p> <p>Further study Links: To enable students to apply synoptic links between topic areas and extend understanding to utilise varied sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>	<p>Topic Overview: Revision and final exams.</p> <p>Sport & Society & the role of technology in physical activity and sport</p> <p>Course links: develop competence to excel in a broad range of understanding of the key roles and the synoptic application of theory into essay style questions, using exam question modelling.</p> <p>Further study Links: To enable students to apply synoptic links between topic areas and extend understanding to utilise varied sporting examples in action. Students can apply knowledge and application across A01-2 responses. Finalise this knowledge in essay style approaches to longer analysis and evaluation of theoretical knowledge.</p>