September - July (2 years) ear 10	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
ear 10 Learning	Component 1: Fitness and Body Systems	Component 1: Fitness and Body Systems	Component 1: Fitness and Body Systems	Component 1: Fitness and Body Systems	Component 1: Fitness and Body Systems	Component 1: Fitness and Body Systems
		Structure and function of the cardiovascular system	Lever system – first, second and third class levers	The relationship between health and fitness and the role that exercise plays in both	Develop knowledge and understanding of data analysis in relation to key areas	Summary of applied anatomy and physiology (Exam questions practic
	Functions of the skeletal system	Arteries, capillaries and veins	Mechanical advantage in sport and physical activity	The components of fitness, benefits for sport and how fitness is measured and improved	of physical activity and sport Demonstrate an understanding of how data is collected in fitness, physical and	Summary of movement analysis (Exam questions practice)
	Classification of bones	Vascular shunting			sport activities – using both qualitative and quantitative methods Present data (including tables and	
	Classification of bones Structure of the skeletal system	Components of blood and their	Movement possibilities at joints; utilisation of movement in physical artivitu Joint classification and impact on	The principles of training and their application to personal exercise/ training programmes The long-term effects of exercise	Present data (including tables and graphs) Interpret data accurately	Summary of physical training (Exar questions practice) Mock exam
	Classification and roles of muscles	significance for physical activity Respiratory system – composition of air; lung volumes	movement axes Planes and axes – generalised movement patterns	How to optimise training and prevent injury	Analyse and evaluate statistical data from their own results and interpret against normative data in physical	Mock exam Feedback
	Location and roles of key voluntary muscles	Location and roles of principal components of respiratory system	End of term mock assessment and feedback	Effective use of warm up and cool down	against normative data in physical artivity and overt End of term mock assessment and feedback	Mock exam Feedback
	Antagonistic muscles	Structure and function of alwenii Energy sources; aerobic and anaerobic exercise and short term effects of exercise		End of term mock assessment and feedback		
	Fast and slow twitch muscle fibres		End of unit test exampro (6-8			
		End of unit test exampro (6-8 lessons, 4-6 lessons on exam and feedback)	End of unit test exampro (b-8 lessons, 4-6 lessons on exam and feerthark)			
			Demonstrate skills and techniques in badminton conditioned practice and competitive situation FILM &	Demonstrate skills and techniques in badminton conditioned practice and competitive situation FILM & observation	Demonstrate skills and techniques in badminton conditioned practice and competitive situation FILM &	Demonstrate skills and techniques badminton conditioned practice as competitive situation FILM &
	End of unit test exampro (6-8 lessons, 4-6 lessons on exam and		observation record	record	observation record	observation record
	foorthariil		Demonstrate skills and techniques in football conditioned practice and competitive situation FILM &	Demonstrate skills and techniques in football conditioned practice and competitive situation FILM & observation record	Demonstrate skills and techniques in football conditioned practice and competitive situation FILM &	Demonstrate skills and techniques football conditioned practice and competitive situation FILM &
	Badminton singles regulation and scoring system – complete	Badminton singles regulation and scoring system – complete booklet	observation record		observation record	observation record
	booklet Badminton officials roles and responsibilities (Line judge.	Badminton officials roles and responsibilities (Line judge, service				
	service judge, umpire and referee) perform in each of these roles within the lesson	judge, umpire and referee) perform in each of these roles within the lesson				
	Video and/or photographic evidence and explanation of applying the rules in 4 situations FILM & observation record	Video and/or photographic evidence and explanation of applying the rules in 4 situations EII M & observation record				
	Establishing strengths and	Establishing strengths and				
	weaknesses durine this stage	weaknesses durine this stage				Comp 3 filming?
						To be reviewed and dependant on cohort of student and chosen spor
Concepts	Attack/Defence Tactical/Awareness	Attack/Defence Tactical/Awareness	Attack/Defence Tactical/Awareness	Attack/Defence Tactical/Awareness	Attack/Defence Tactical/Awareness	Attack/Defence Tactical/Awareness
	Evaluation	Evaluation	Evaluation	Fitness Themes	Evaluation	Evaluation
	Fitness Themes Responses, Adaptations and Additional factors	Fitness Themes Responses, Adaptations and Additional factors	Fitness Themes Responses, Adaptations and Additional factors	Responses, Adaptations and Additional factors	Fitness Themes Responses, Adaptations and Additional factors	Fitness Themes Responses, Adaptations and Additional factors
What is needed to aster the knowledge	Body systems To practically demonstrate skills, techniques and tactics in selected	Body systems To practically demonstrate skills, techniques and tactics in selected	Body systems To practically demonstrate skills, techniques and tactics in selected		lody systems To understand apply the principles of attack and defence in football and	
	courts To understand apply the principles of attack and defence in football and badminton.	courts To understand apply the principles of attack and defence in football and badminton.	counts To understand apply the principles of attack and defence in football and badminton.	To know the importance of fitness testing to sports performers and coaches and how they can design a training programme based on test	hadminton Decision making and strategies to overcome an opponent, including using personal strengths.	
		badminton. Practically demonstrate skills, techniques and tactics in selected	badminton. Decision making and strategies to overcome an opponent, including	can design a training programme based on test results and determine if training programmes the uncolor to evolve the fitness results and set targets to aim for/goal setting.	personal strengths. Use of relevant tactics, e.g. defending and attacking, choice and use of shots	
	Tex sandy	sports.	using personal strengths.		or strokes, variation, conditions, use of space, other demands specific to sport.	The selection
	To understand the rules, regulations and scoring systems for a selected sport.	The use of skills and techniques within isolated, conditioned and competitive situations, and effective decision making and selection of skills,	The use of skills and techniques within isolated, conditioned and competitive situations, and effective decision making and selection of		The use of skills and techniques within isolated, conditioned and competitive situations, and effective decision making and selection of skills,	The advantages and disadvantages different training methods
	Practically demonstrate skills,	techniques and tactics when under pressure from opponents.	skils, techniques and tactics when under pressure from opponents.	Know about the components of fitness and the	techniques and tactics when under pressure from opponents.	
	techniques and tactics in selected soorts Understand the roles and			Know about the components of training. basic and additional principles of training. Know about the skill-related components of fitness.		
	responsibilities of each official in football and badminton Practically demonstrate skills, techniques and tactics in selected soorts	Practically demonstrate skills, techniques and tactics in selected sports	Practically demonstrate skills, techniques and tactics in selected sports	fitness. To understand the importance of fitness components on a chosen sports.	Practically demonstrate skills, techniques and tactics in selected scorts	Practically demonstrate skills, techniques and tactics in selected soorts
	sports	To meet the technical demands of the skills and techniques required. For example, continuous skills (such as	Use of relevant tactics, e.g. defending and attacking, choice and use of shots or strokes, variation.	To understand exercise intensity and how it can be determined including HR intensity thresholds and the Borg scale. Planning training using the	To meet the technical demands of the skills and techniques required. For example, continuous skills (such as	To meet the technical demands of the skills and techniques required. For example, continuous skills (suc
		running), serial skills (such as high jump), discrete skills (such as a golf swing), movement, use of equipment, communication, other demands	conditions, use of space, other demands specific to sport.	principles of training: individual needs, specificity, progressive overload, FITT (frequency.	running), serial skills (such as high jump), discrete skills (such as a golf swing), movement, use of equipment, communication, other demands specific	as running), serial skills (such as hig jump), discrete skills (such as a gol swing), movement, use of eouigment, communication, other
		specific to the chosen sport.		intensity, time, type), overtraining, reversibility, thresholds of training (aerobic target zone: 60–80% and anaerobic	to the chosen sport.	equipment, communication, other demands specific to the chosen sport.
			To meet the technical demands of the skills and techniques required. For example, continuous skills (such	target zone To link each fitness training method to the associated health-related/ skill-related component of fitness.	Demonstrate an understanding of how data is collected in fitness, physical and sport activities – using both qualitative	
			as running), serial skills (such as high jump), discrete skills (such as a golf swing), movement, use of	component or names.	and quantitative methods. Present data (including tables and graphs). Interpret data accurately. Analyse and evaluate	
			equipment, communication, other demands specific to the chosen sport.		statistical data from their own results and interpret against normative data in physical activity and sport	
	the functions of the skeleton + classification of bones + the structure of the skeleton + the	knowledge and understanding of factors underpinning performance + ability to apply their knowledge and		Fitness tests: the value of fitness testing, the purpose of specific fitness tests, the test protocols, the selection of the appropriate	Analysing the strengths and areas for improvement in two selected sports, justifying recommended activities to improve own performance.	To evaluate and review the performance in 2 selected sports using video analysis and the
	classification of joints • movement possibilities at joints • the role of ligaments and tendons • classification and characteristics of	understanding of factors underpinning performance • ability to analyse and evaluate factors underpinning		fitness test for components of fitness and the rationale for selection	improve own performance.	observation checklists including: components of physical fitness, technical demands of sport (skills a
	muscle types + location and role of voluntary muscles + antagonistic pairs of muscles + characteristics of	performance.				techniques), production of a check suitable for self-analysis of performance in selected sports and the tactical demands of sport.
	muscle fibre types.			Collection and interpretation of data from fitness test results and analysis and evaluation	Being able to improve performance by goal setting (short-term and long-term	Being able to improve performance by goal setting (short-term and lor
	by considering how the functions of the skeleton aid performance in a specific sporting scenario + by	Structure of arteries, capillaries and veins and how this relates to function and importance during physical activity	First, second and third class levers and their use in physical activity and sport 2.1.2	of these against normative data tables Fitness tests for specific components of fitness: cardiovascular fitness – Cooper 12-minute tests (run, swim), Harvard Step Test; agilty – Illinois	goats). Self-analysis and being able to clearly Identify strengths and areas for Improvement in practical performance.	term goals) Performance-enhancing drugs (PEI and their positive and negative effects on sporting performance as
	specific sporting scenario • by explaining links between muscle fibre type and performance in a range of activities.	and importance during physical activity and sport in terms of blood pressure, oxygenated, deoxygenated blood and changes due to physical exercise	sport 2.1.2	(run, swim), Harvard Step Test; agiity – Illinois agility run test; strength – grip dynamometer; muscular endurance – one minute sit-up, one- minute press-up; speed – 30 m sprint; power – vertical jump; flexibility – sit and reach	improvement in practical performance.	performer lifestyle, including anab
				vertical jump; flexibility – sit and reach		narcotic analgesics, peptide hormones (erythropoletin (EPO), growth hormones (GH), stimulant blood doping
	how the skeletal and muscular systems work together to allow participation in sport + analysis of	Structure of alveoli to enable gas exchange and the process of gas exchange to meet the demands of	Mechanical advantage and disadvantage (in relation to loads,	Long-term effects of aerobic and anaerobic training and exercise and the benefits to the muscular-skeletal and cardio-respiratory	To apply the health and skill related components of fitness in practical performance.	To apply the health and skill related components of fitness in practical performance.
	participation in sport • analysis of selected sporting techniques to establish muscle action and impact on joints and performance.	exchange to meet the demands of varying intensities of exercise (aerobic and anaerobic)	efforts and range of movement) of the body's lever systems and the impact on sporting performance	muscular-skeretal and cardio-respiratory systems and performance	performance.	pertormance.
		* the functions of the cardiovascular system * the structure of the cardiovascular system * the structure		To understand the components of fitness in relation to aerobic endurance – and muscular endurance.	Phases of a warm-up and their significance in preparation for physical activity and sport Activities included in	To understand the importance of fitness components on a chosen sports.
		and function of blood vessels (arteries, capillaries, veins) + vascular shunting + the function of blood cells, platelets and plasma + the composition of			warm-ups and cool downs	
		and plasma + the composition of inhaled and exhaled air + lung volumes (vital capacity, tidal volume) + the structure of the respiratory system + the structure of the alweell + gas				
		• that energy is released when oxygen	*a well-developed account to justify	To understand the structure and function of the	Know about the components of fitness	To know about the different metho
		and glucose are combined (aerobic respiration) • that carbon dioxide and water are the by-products of aerobic respiration • that lack of oxygen will	the choices of activities included in each component of the warm-up and their effect on the	cardiorespiratory system.	and the basic and additional principles of training.	of training.
		reduce the length of time energy can be produced for and, therefore, the length of time a performer may	cardiorespiratory and musculoskeletal systems with specific relevance to the needs of the selected participant and chosen			
		exercise for at that intensity • that lack of oxygen is due to anaerobic activity • that lactic acid/lactate is the by- product of anaerobic resolution • that	physical activity.			
		product of anaerobic respiration + that fats are the fuel source for aerobic activity + that carbohydrates can be used as the fuel source for anaerobic and aerobic activity.				
		the short-term effects of aerobic and anaerobic training and exercise on the:	Movement patterns using body planes and axes: sagittal, frontal and		Know about the skill-related components of fitness.	Requirements for each of the following fitness training methods.
		 musculo-skeletal system – cardio- respiratory system. • the importance of these effects on performance. 	planes and axes: sagittal, inortal and transverse plane and frontal, sagittal, vertical axes applied to physical activities and sporting physical			
		The use of glucose and oxygen to release energy aerobically with the production of carbon dioxide and when the import discriminate			To understand the importance of fitness components on a chosen sports.	Investigate fitness testing to determine fitness levels.
		water, the impact of insufficient oxygen on energy release, the by product of anaerobic respiration mode solution	Administration of the second		Wie Amazon (Mercon V)	We can be readered as
			Movement in the sagittal plane about the frontal axis when performing front and back tucked or niked somersaults		To know about the different methods of training.	To understand exercise intensity an how it can be determined including HR intensity thresholds and the Bo scale
			Movement in the frontal plane about the sagittal axis when performing cartwheels		Requirements for each of the following fitness training methods.	To link each fitness training methor to the associated health-related/sl related component of fitness.
		injuries, injury prevention and	Movement in the transverse plane about the vertical axis when	Long-term training effects and benefits: for	Investigate fitness testing to determine fitness levels To understand exercise intensity and how it can be determined including HB	Long-term training effects and
		performance enhancing drugs	about the vertical axis when performing a full twist jump in trampolining	performance of the muscular-skeletal system: increased bone density, increased strength of ligaments and tendons, muscle	how it can be determined including HR intensity thresholds and the Borg scale.	benefits: for performance of the muscular-skeletal system: Increased bone density, increas- strength of ligaments and
				hypertrophy, the importance of rest for adaptations to take place, and time to recover before the next training session		strength of ligaments and tendons, muscle hypertrophy, to importance of rest for adaptations to take place, and
						time to recover before the next training session
				Long-term training effects and benefits: for performance of the cardio-respiratory system: decreased resting heart rate, faster	To link each fitness training method to the associated health-related/ skill- related component of fitness.	Long-term training effects and benefits: for performance of th cardio-respiratory system:
				recovery, increased resting stroke volume and maximum cardiac output, increased size/strength of heart, increased		decreased resting heart rate, faster recovery, increased restin stroke volume and maximum
				capilliarisation, increase in number of red blood cells, drop in resting blood pressure due to more elastic muscular wall of veins and arteries, increased lung		cardiac output, increased size/strength of heart, increase capilliarisation, increase in number of red blood cells, drop
				annow rulik		resting blood pressure due to more elastic muscular wall of veins and arteries, increased lu
				capacity/volume and vital capacity, increased number of alveoli, increased strength of diaphragm and external		
				increased number of alveoli, increased		capacity/volume and vital capacity, increased number of alveoli, increased strength of
				increased number of alveoli, increased strength of diaphragm and external		capacity, increased number of
		the purpose and importance ofwarm upcod downs. The phases of a		Increased number of alveolit, increased strength of diaphogm and external intercostal muscles the long term effects of aerobic and asaerobic training and exercise on the - musclo-defectal system - cardio-exprainion system.	The purpose and importance of warm- ups and cool downs to offsettive training essions and physical activity and sport	capacity, increased number of alveoli, increased strength of diaphragm and external
		ups - cool downs. If the phases of a warm up II the relevance of each stage of the warm up in preparation for physical activity and sport (mental preparation within a warm up is also		Increased number of alveolin, increased strength of diaphragm and external intercostal muscles the long-term effects of aerobic and anaerobic training and exercise on the : musculo-sketeal	ups and cool downs to effective training	capacity, increased number of alveoli, increased strength of diaphragm and external
		ups – cool downs. If the phases of a warm up If the relevance of each stage of the warm up in preparation for physical activity and sport (mental		Increased number of alveoil, increased strength of diaphogen and external intercostal muscles the long-term effects of aerobic and anaerobic training and exercise on the musclo-deletal system cardio-regaratory system. If the the musclo-deletal and cardio-registratory	ups and cool downs to effective training	capacity, increased number of alveoli, increased strength of diaphragm and external
essment Citeria	A01	ugs – cool downs. If the phases of a warm up 11 the relevance of each stage of the warm up is preparation for physical activity and sport (mental preparation within a warm up is take data with in component 2, Topic 2 but should also be covered here [1 typical activities that can be included in each phase of a warm up and cool down.	A01	Increased unpublic of alwests, increased strength of diaphysics and external intercental muches intercental muches intercental muches are alwest of the second and assessing to the second assessing to th	ups and cool downs to effective training sessions and physical activity and sport	capacity, increased number of alwell, increased trength of diaphragm and external intercostal muscles
essment c/Revia	AD1	ups - cool downs. If the phases of a warm up it the relevance of acch stage of the warm up is preparation for physical activity and sport (mental preparation within a warm up is take dealt with in Component 2, Topic 2 but should alto be covered here) If typical activities that can be included in each phase of a warm up and cool down.	AB - pale 200 AB - pale 200 AB - exclusion	Increased strength of dialphane and external strength of dialphane and external intercental muscles the long term effects of aerobic and asserobic training and avertues on the - invectod and and amount of the assertues on the - invectod and and amount of the assertues on the - invectod and and amount of the assertues on the - invectod and and amount of the assertues of the - invectod and and amount of the assertues of the - invectod and and amount of the assertues of the - invectod and and amount of the assertues of the - invectod and and the amount of the assertue of the - invectod and and the - invectod and a sectod and a sectod and the - invectod and a sectod and a sectod and the - invectod and a sectod and a sectod and the - invectod and a sectod and a sectod and the - invectod and a sectod and a sectod and the - invectod and a sectod and a sectod and the - invectod and a sectod and a sectod and a sectod and a sectod and a sectod and a sectod and the - invectod and a sectod and a sectod and the - invectod a sectod and a sectod and a sectod the - invectod a sectod and a sectod and a sectod the - invectod a sectod and a sectod and a sectod and the - invectod a sectod a sectod and a sectod and a sectod the - invectod a sectod a sectod a sectod a sectod a sectod the - invectod a sectod a sectod a sectod a sectod a sectod the - invectod a sectod a sectod a sectod a sectod a sectod a sectod the - invectod a sectod a sectod a sectod a sectod a sectod a sectod the - invectod a sectod a	ups and cool downs to effective training sessions and physical activity and sport	capacity, increased number of aluphragm and external disphragm and external intercostal muscles
essment criteria	A02 - application	ups-cool down. If the phase of a warm op If the relaxes of each stage of the warm up in preparation for physical activity and sport (mental preparation within a warm up is also data with in Coremon 7. Topic 2 usit should also be covered herei) Thysical activities that can be included in acath phase of a warm up and cool down. A01 A02-application	A02 - application	Increased surveys of alwesty, increased strength of dialphagma and external intercental muscles intercental muscles the long term effect of aerobic and anaerobic training and aversize on the :- muscles dealeral amount of the strength and the strength and to the muscles dealeral and cards-registratory spatients and, therefore, performance.	ups and cool downs to effective training sessions and physical activity and sport AD1 AD1 AD2 - application	capacity, increased number of aluphragm and external intercostal muscles
essment Citeria	A02 - application	ups-cool down. If the phase of a warm op If the relaxes of each stage of the warm up in preparation for physical activity and sport (mental preparation within a warm up is also data with in Coremon 7. Topic 2 usit should also be covered herei) Thysical activities that can be included in acath phase of a warm up and cool down. A01 A02-application	A02 - application A03 - evaluation the difference between first class, second and third class	Increased surveys of alwesty, increased strength of dialphagma and external intercental muscles intercental muscles the long term effect of aerobic and anaerobic training and aversize on the :- muscles dealeral amount of the strength and the strength and to the muscles dealeral and cards-registratory spatients and, therefore, performance.	ups and cool downs to effective training sessions and physical activity and sport AD1 AD1 AD2 - application	cigacti, processi nutveri valivoli, processi divergi di dispiragni adi eternal intercetali mucios 461 A02 - apelication A03 - exclusion
Common	A02 - application A03 - evaluation difference between types of muscles difference between types of bones	uga - col desmit. The plases of a main plan the relaxed actual tage injuried a class tage of the class played a class tage of the class played a class tage of the class deal with a composite 2, Topic 2 and plase of a warm up and cold down. All All - separation within a classifier and plase of a warm up and cold down. All All - separation All - separation	A02 - application A03 - evaluation the difference between first class, second and third class levers advantages and disadvantages of	Increased number of alexis, increased intercent of alexis and external intercent of markets intercent of markets the long term effects of aerobe and alexerobe ryperm - and the regulatory system. The above of a regulatory system in the above of a regulatory system in the AD1 AD2 - application AD3 - exclusion AD3 - exclusion AD4 - and an anarchic and cancer.	up and cod down to effective training enclose and physical ectivity and sport AD1 AD2 - application AD3 - application AD3 - application AD3 - exclusion The effluences between skills and factics Indiation is competitive	cigacity, increased numbers, d displaying and exempt displaying and exempt displaying and exempt intercental muscles Ab1 Ab2 - splication Ab3 - evaluation The purpose of each fitness test Nonweeking of published standard
Common	A02 - application A03 - evaluation difference between types of muscles	sup - col draws. If the phase of a phase - col draws. If the phase of a physical activity and goot (mental the same pay is program or gas also index of the same pay is program or gas and the same pay is program or gas and the same pay is physical the activity of the same pay and activity of the sa	AQ - application AQ3 - evaluation the difference between first closs, second and third class levers advantages and disadvantages of the levers	Increased number of alveols, increased strength of dialphagma and external intercental muscles the long term effects of aerobic and anaerobic transing and external of the in-exclude and and aerobic and anaerobic transition of the in-exclude and and aerobic and anaerobic transition of the in-exclude and the long term effects of aerobic and anaerobic transmission of the in-exclude and anaerobic and anaerobic and anaerobic emburance The candionegrizatory system	up and cod down to effective training existions and physical activity and sport Add Add - supplication Add - sealuation De difference between ddb and factors	cigacti, processi nutveri valivoli, processi divergi di dispiragni adi eternal intercetali mucios 401 402 - apelication 403 - exclusion
Common	AD - application AD - explanation difference between types of muscles afference between types of bones agenet and antagenet pairs difference between types of bones sectors are application of the types of the sectors and the types of the types of the sectors and the types of the types of the sectors and the types of the types of the sectors are applications of the types of the types of the sectors are applications of the types of the types of the sectors are applications of the types of the types of the sectors are applications of the types of the types of the sectors are applications of the types of the types of the sectors are applications of the types of the types of the sectors are applications of the types of the types of the sectors are applications of the types of the types of the sectors are applications of the types of the types of the sectors are applications of the types of the types of the sectors are applications of the types of the types of the sectors are applications of the types of the types of the sectors are applications of the types of the types of the types of the sectors are applications of the types of types of the types of the types of the types of types of types of the types of typ	sup - col draws. If the phase of a phase of a phase of the phase of th	A02 - application A03 - evaluation the difference between first class, second and third class levers advantages and disadvantages of	Increased number of alexistic nessed strength of dialphagma and external strength of dialphagma and external intercental machine intercental machine intercental machine intercental machine intercentation of the intercent of the	up and cod down to effective training enclose and physical ectivity and sport AD1 AD2-application AD3-application AD3-application AD3-exclusion Her efferences between skills and factors location is competitive the different types of efficials	cigacity, increased numbershi displaying and external displaying and external intercested muscles Add Add - speciation Add -
Common	AQ - application AQ1 - evaluation difference between types of muscles afference between types of bons agonst and antagonst pairs difference between types of bons sectors and antagonst pairs difference between types of bons Sector galaxies and bons and applications and antagonst pairs difference between types of bons difference between types of bons agonst and antagonst pairs difference between types of bons difference between	wa - oof advers. It me place of a the severe to research for the place physical adverses of the severe the research for physical adverses of the severe of the severe of the severe adverses of the severe of the severe of the severe adverses of the severe of the severe of the severe adverses of the severe of the severe of the severe adverses of the severe of the severe of the severe adverses of the severe of the severe of the severe adverses of the severe of the severe of the severe adverses of the severe of the severe of the severe adverses of the severe of the severe of the severe adverses of the severe of the severe of the severe adverses of the severe of the severe of the severe of the severe of the severe of the severe of the severe adverses of the severe of the severe of the severe of the severe of the severe of the severe of the severe rest and white isolate of the severe of the severe adverse of the severe of the severe of the severe of the conduct of the severe of the severe of the severe of the severe of the severe of the severe of the severe of the severe of the severe of the severe of the severe of the severe of the severe of the severe of the severe of the severe	AD - application AD - evaluation the difference between first class, second and third class levers advantages and disadvantages of the levers difference between the different	Increased unselect of alexob, noreseed strength of diaphose and external situations of the second strength of diaphose and external situations of the second strength of the second str	up and cod down is effective training enclose and physical ectivity and sport and a sequence of the second second second second Ad2 - application Ad2 - explication Ad3 - evaluation The difference between shill and factors instance on scongetifive the different types of officials rades and regulations	cigacity, increased numbershi displaying and external displaying and external intercested muscles A01 A02 - splication A03 - subjection A03 - subjection The purpose of each fitness tee fitness
Common	AB - application AB - evaluation difference between types of muscles affrence between types of bones general and attempting bars difference between ligaments and server. Barbard and attempting and Segler unlear ad double rules The difference between the difficults the difference between the difficults	sign - col dense. The phase of a phase - col dense. The phase phase physical activity and good feweral physical activity and good feweral house at the convent hereit 3 hypothe- thouse at the convent hereit 3 hypothe- thouse at the convent hereit 3 hypothe- thouse at the convent hereit 3 hypothe- house at the convent hereit 3 hypothe- here at a work of the convent hereit at a summary and cold dense. Add Add : application Add : application Ad	AD - application AD - evaluation the difference between first class, second and third class levers advantages and disadvantages of the levers difference between the different relaxes of movement	Increased unuelse of alexits, increased strength of dialphagma and external strength of dialphagma and external intercental maches the long term effects of aerotic and anaerotic transmission of the in-mucch short and and extension of the in-mucch short and and extension of the in-mucch short and anaerotic transmission of the in-mucch short and extension of the in-mucch short and exten	up and cod down is effective training enclose and physical ectivity and sport and a sequence of the second second second second Ad2 - application Ad2 - explication Ad3 - evaluation The difference between shill and factors instance on scongetifive the different types of officials rades and regulations	ciganti, processed number of displayed, increased and there in the displayed in a cincul displayed in a cincul
common Maconceptions	AB2 - application AB1 - evaluation AB1 -	sup - col down. It me phase of a method method of the phase of a method method of the phase of a sub- diverse of the phase of the sub- electrony and sub- col down of the sub- method of the convert here of a typical choose at the two-method of typical choose at the two-method of typical choose at the convert here of typical choose at t	AB - application AB - notation the difference between first class, second and third class leaves advantages and disadvantages of the leaves difference between the different mass of maximum the different types of joints in the how.	Increased unselved, increased strength of diaphage and external strength of diaphage and external intercental maches the long term effects of aerobic and autorobic intercental maches the long term effects of aerobic and autorobic for the maches the long term effects of aerobic and autorobic for the maches Add and a strength of the s	up and cod down is effective training enclose and physical ectivity and sport and a sequence of the second second second second Ad2 - application Ad2 - explication Ad3 - evaluation The difference between shill and factors instance on scongetifive the different types of officials rades and regulations	cigacity, increased number of displaying and external displaying and external intercental inscription data intercental inscription data data data data data data data dat

Year 11	11-12	11-16	11-12	11-15	11-164	11-12 • • • • •
September - July (2 years)	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Learning	<u>Component 2: Health and</u> Performance	Component 2: Health and Performance	Component 2: Health and Performance	Component 2: Health and Performance	<u>Component 2: Health and Performance</u> Revision focused on classes area for	
	Physical, emotional and social health	Goal setting – SMART targets	Factors affecting participation in	An introduction to using a PEP to develop fitness,	development	
	Lifestyle choices	Classification of skills	physical activity (i) Factors affecting participation in physical activity (ii)	health. exercise and performance PARQs; warm ups and cool downs	Identification and treatment of injury	
	Impact of lifestyle choices	application	Participation rate trends – use of data		Injury prevention in physical activity	
	Sedentary lifestyles and consequences Balanced diet and the role of	Types of guidance – theory and practical application Mental preparation for performance;	Commercialisation and the media Advantages and disadvantages of	Components of fitness Methods of training	Performance enhancing drugs Review paper 1 content	
	nutrients Dietary manipulation for sport	Types of feedback Sports psychology – use of data	commercialisation (i) Advantages and disadvantages of	Fitness testing	Review paper 2 content	
	Optimum weight		commercialisation (ii) Sporting behaviours	_	Mock exam	
			Deviance in sport	Long term effects of training on the musculo- skeletal system Long term effects of training on the cardio- resoiratory system	Revision and exam technique (i)	
	End of term mock assessment and feedback	End of term mock assessment and feedback	End of term mock assessment and feedback	End of term mock assessment and feedback Component 4 - PEP tbc	Component 4 - PEP tbc	
	team sport and individual sport moderation? TBC	team sport and individual sport moderation? TBC	team sport and individual sport moderation? TBC	team sport and individual sport moderation? TBC	team sport and individual sport moderation? TBC	
Concepts	Attack/Defence	Attack/Defence	Attack/Defence	Evaluation	Evaluation	
	Tactical/Awareness	Tactical/Awareness	Tactical/Awareness	Fitness Themes Body systems	Fitness Themes Body systems	
	Body systems	Body systems	Body systems	Responses, Adaptations and Additional factors	Responses, Adaptations and Additional factors	
	Responses, Adaptations and Additional factors	Responses, Adaptations and Additional factors	Responses, Adaptations and Additional factors			
hat is needed to master	Fitness Themes A sedentary lifestyle and its	Fitness Themes Classification of a range of sports skills	Fitness Themes Participation rates in physical activity	Explain long-term adaptations of the		
the knowledge	consequences: overweight, overfat, obese, increased risk to long-term	using the open-closed, basic (simple)- complex, and low organisation-high	and sports and the impact on participation rates considering the	musculoskeletal system to relevant exercises and sporting examples.		
	health, e.g. depression, coronary heart disease, high blood pressure, diabetes, increased risk of	organisation continua	following personal factors: gender, age, socio-economic group, ethnicity, disability			
	osteoporosis, loss of muscle tone, posture, impact on components of		disability			
	fitness Interpretation and analysis of graphical representation of data					
	associated with trends in physical health issues					
	The nutritional requirements and	Practice structures: massed,	Interpretation and analysis of	Compare and contrast how the musculoskeletal	Compare and contrast how the energy	
	ratio of nutrients for a balanced diet to maintain a healthy lifestyle and	distributed, fixed and variable	graphical representation of data associated with trends in	and cardiorespiratory systems respond and adapt to various exercise.	systems are used in different sporting example which have different demands.	
	optimise specific performances in physical activity and sport		participation rates			
	The role and importance of macronutrients	Application of knowledge of practice and skill classification to select the most relevant practice to develop a range of		How fitness training impacts the body's energy systems.		
	Hydration for physical activity and	evenue practice to develop a range of	The relationship between	To apply the health and skill related components	How fitness training impacts the body's	
	sport: why it is important, and how correct levels can be maintained		commercialisation, the media and physical activity and sport	of fitness in practical performance.	energy systems.	
	during physical activity and sport	The use of goal setting to improve	The advantages and disadvantages of		Which methods of training uses which	
		and/or optimise performance	commercialisation and the media for: the sponsor, the sport, the	components on a chosen sports.	energy systems.	
			player/performer, the spectator			
	Practically demonstrate skills, techniques and tactics in selected		Interpretation and analysis of graphical representation of data	To know about the different methods of training.	To understand the aerobic and anaerobic energy systems	
	sports	realistic, time-bound) and the value of each principle in improving	associated with trends in the commercialisation of physical activity			
		and/or optimising performance	and sport			
	To meet the technical demands of the	Setting and reviewing targets to		Requirements for each of the following fitness		
	skills and techniques required. For example, continuous skills (such as	improve and/or optimise performance		training methods.		
	running), serial skills (such as high jump), discrete skills (such as a golf					
	swing), movement, use of equipment, communication, other demands					
	specific to the chosen sport.					
	To evaluate and review the performance in 2 selected sports using video analysis and the		The different types of sporting behaviour: sportsmanship, gamesmanship, and the reasons for,	Investigate fitness testing to determine fitness levels.	Performance-enhancing drugs (PEDs) and their positive and negative effects on sporting performance and performer	
	observation checklists including: components of physical fitness,		and consequences of, deviance at elite level		lifestyle, including anabolic steroids, beta blockers, diuretics, narcotic analgesics,	
	technical demands of sport (skills and techniques), production of a checklist				peptide hormones (erythropoietin (EPO), growth hormones (GH)), stimulants,	
	suitable for self-analysis of performance in selected sports and				blood doping	
	the tactical demands of sport.					
	by goal setting (short-term and long-	Types of guidance to optimise performance: visual, verbal, manual and		To understand exercise intensity and how it can be determined including HR intensity thresholds		
	term goals)	mechanical	associated with trends in ethical and socio-cultural issues in physical	and the Borg scale.		
	Physical health: how increasing physical ability, through improving	Advantages and disadvantages of each type of guidance and its		To link each fitness training method to the associated health-related/ skill-related		
	components of fitness can improve health/reduce health risks and how	appropriateness in a variety of sporting contexts when used with performers of different skill used.		component of fitness.		
	these benefits are achieved Emotional health: how	different skill levels Types of feedback to optimise		Understand the physiological/fitness		
	participation in physical activity and sport can improve	performance: intrinsic, extrinsic, concurrent, terminal		requirements for the sporting activity Conduct an analyse of performance or part of a		
	emotional/psychological health and how these benefits are			performance e.g., time/distance, pass completion in each time limit, serves into a given part of the		
	achieved			court, accuracy of throwing, etc Undertake a battery of fitness tests specific to the sporting activity Analyse pre-PEP test results		
				Construct an appropriate aim based on developing performance through improving a		
				component of fitness (see list below) • Select and justify the use of appropriate SMART targets,		
				method(s) of training and principles of training • Complete a PAR-Q		
	physical activity and sport can	Interpretation and analysis of graphical representation of data associated with		How fitness training impacts the body's energy systems.		
	improve social health and how these benefits are achieved	feedback on performance				
	Impact of fitness on wellbeing: positive and negative health	Mental preparation for performance: warm up, mental rehearsal		Which methods of training uses which energy systems.		
	effects How to promote personal health			Additional requirements for each of the fitness		
	How to promote personal health through an understanding of the importance of designing,			Additional requirements for each of the fitness training methods as well as advantages and disadvantages.		
	evaluating a personal exercise					
	programme to meet the specific needs of the individual					
	Lifestyle choices in relation to: diet, activity level, work/			To know the importance of fitness testing to sports performers and coaches and how they can		
	rest/sleep balance, and			design a training programme based on test results and determine if training programmes are		
	recreational drugs (alcohol,			working. To evaluate the fitness results and set targets to		
	recreational drugs (alcohol, nicotine) Positive and negative impact of			aim for/goal setting.		
	nicotine)					
	nicotine) Positive and negative impact of lifestyle choices on health, fitness					
	nicotine) Positive and negative impact of lifestyle choices on health, fitness and wellbeing, e.g. the negative effects of smoking (bronchitis,			Identify and understand how different health problems such as: injuries/asthma can affect		
	nicotine) Positive and negative impact of lifestyle choices on health, fitness and wellbeing, e.g. the negative effects of smoking (bronchitis,					
	nicotine) Positive and negative impact of lifestyle choices on health, fitness and welbeing, e.g. the negative effects of smoking (bronchitis, lung cancer)	A01	A01	problems such as: injuries/asthma can affect training programmes and how programmes must be adapted and personalised to.	A01	
	nicotine) Positive and negative impact of Iffestyle choices on health, fitness and wellbeing, e.g. the negative effects of smoking (bronchitis, lung cancer) A01 A02 - application	A01 A02 - application A03 - evaluation	A01 A02-application A03-evaluation	problems such as: injuries/asthma can affect training programmes and how programmes must be adapted and personalised to. A01 A02 - application	A01 A02-application A03-evaluation	
Common	nicotine) Positive and negative impact of Iffestyle choices on health, fitness and wellbeing, e.g. the negative effects of smoking (bronchitis, lung cancer) A01 A02 - application A03 - evaluation difference between physical, social			problems such as: injuries/asthma can affect training programmes and how programmes must be adapted and personalised to. A01		
Common Misconceptions	nicotine) Positive and negative impact of Ilfestyle choices on health, fitness and wellbeing, e.g. the negative effects of smoking (bronchitis, lung cancer) A01 A02 - application A03 - evaluation	A02 - application A03 - evaluation	A02 - application A03 - evaluation	problems such as: injuries/asthma can affect training programmes and how programmes must be adapted and personalised to. A01 A02 - application A03 - evaluation	A02 - application A03 - evaluation	
	nicotine) Positive and negative impact of Ifestyle choices on health, finces and wellbeing, e.g. the negative effects of smoking (bronchitis, lung cancer) A01 A02 - application A03 - evaluation difference between physical, social and emotional health Ifestyle choices Iong term effects of poor lifstyle	A02 - application A03 - evaluation the different types of skills	A02 - application A03 - evaluation commercialisation and the media deviance advantages and disadvantages of	problems such as injutirely-stathma can affect training programmes and how programmes must be adapted and personalised to. A01 A02 - application A03 - evoluation The purpose of each fitness test difference between speed and power training Knowledge of published standard test methods	A02 - application A03 - evaluation	
	nicotine) Positive and negative impact of Ifestyle choices on health, fitness and wellbeing, e.g. the negative effects of smoking (bronchitis, lung cancer) A01 A02 - application A03 - evaluation difference between physical, social and emotional health Ifestyle choices	A02 - application A03 - evaluation the different types of skills types of guidance	A02 - application A03 - evaluation commercialisation and the media deviance	problems such as injurie/systems can affect training programmes and how programmes must be adapted and personalised to. A01 A02 - application A03 - evoluation A03 - evoluation the purpose of each fitness test difference between speed and power training	A02 - application A03 - evaluation	
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	nicotine) Positive and negative impact of Ifestyle choices on health, fitness and wellbeing, e.g. the negative effects of smoking (bronchitis, lung cancer) A01 A02 application A03 - evaluation difference between physical, social and emotional health Ifestyle choices Iong term effects of poor lifstyle choices	A02 - application A03 - evaluation the different types of skills types of guidance	A02 - application A03 - evaluation commercialisation and the media deviance advantages and disadvantages of commercialisation	problems such as injurie/systems can affect training programmes and how programmes must be adapted and personalised to. A01 A02 - application A03 - evaluation The purpose of each fitness test difference between speed and power training Knowledge of published standard test methods and equipment/ resources required The different body composition tests: BMI	A02 - application A03 - evaluation	