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| **Classes** | **Year 10** | | **Year 11** | |
| **Cycle 1** | **Component 2: Health and Performance**  **Topic: Health, Fitness and Wellbeing & Sport psychology** | | **Component 1: Fitness and body systems**  **Topic: Applied anatomy and physiology** | |
| * Physical, emotional and social health * Lifestyle choices * Impact of lifestyle choices * Sedentary lifestyles and consequences * Balanced diet and the role of nutrients * Diet manipulation for sport * Macronutrients, Micronutrients * Optimum weight | * Energy balance * Classification of skills * Forms of practice * Types of guidance * Mental preparation for performance; types of feedback * Mental rehearsal * Types of feedback * Goal setting | * aerobic and anaerobic exercise and short term effects of exercise * short term effects on the muscular system * Short term effects on the cardiovascular system * short term effects on the cardio-respiratory system * Effects and benefits of exercise to the skeletal system | * Adaptations to the muscular system * Adaptations to the respiratory system * Adaptations to the cardiovascular system * Long term effects of training on the musculo-skeletal system * Long term effects of training on the cardio-respiratory system |
| **Career opportunities**  Nutritionist – diet  Coach – types of feedback and guidance | | **Career opportunities link**  Sports science – cardiovascular and respiratory systems | |
| **Component 2: Health and Performance**  **Topic: Socio-Cultural Influences** | | **Component 1: Fitness and Body Systems**  **Topic: Physical Training** | |
| * Commercialisation and the media * Advantages of commercialisation * disadvantages of commercialisation * Socio economic groups, Gender/age, Ethnicity/disability * Factors affecting participation in physical activity | * Sporting behaviour * Gamesmanship * Sportsmanship * Deviance in sport * PEDS (comp 1) * Participation rate trends – use of data | * Structure of the skeletal system * Classification of joints * Movement possibilities at joints * Joint classification and impact on movement axes * Utilisation of movement in physical activity | * Planes and axes – generalised movement patterns * Lever system – first, second and third class levers * Mechanical advantage in sport and physical activity * Movement possibilities at joints |
| **Assess Week & Review**  **Consolidate & Extend** | Component 2 mock paper (without the 9 mark question)  Go through results, identify area’s for improvement, link to personalised revision plan for each pupil | | Component 1 and 2 full mock paper  Go through results, identify area’s for improvement, link to personalised revision plan for each pupil | |

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| **Cycle 2** | **Component 1: Fitness and Body Systems**  **Topic: Applied anatomy and physiology** | | **Component 1: Fitness and Body Systems**  **Revision skills** |
| * Functions of the skeletal system * Classification of bones * Structure of the skeletal system * Classification of joints * Movement possibilities at joints * Ligaments, tendons and muscle types * Classification of roles of muscles * Location and roles of key muscles * voluntary muscles * Antagonistic muscles * Fast and slow twitch muscle fibres * function of cardiovascular system | * Structure of cardiovascular system * Arteries, capillaries and veins * Vascular shunting * Plasma, platelets, blood cells * Respiratory system – composition of air; lung volumes * Structure and function of alveoli * Gaseous exchange * Components of blood and their significance for physical activity * Location and roles of principal components of respiratory system * Identification, prevention and treatment of injury * Exam technique including 9 mark question structure * A01, A02, A03 | * Revision and exam technique * Extended questions * 9 mark structure (A01, A02, A03) |
|  | **Career opportunities**  Physio – muscles, injuries, treatment of injuries | | Career opportunities  Sixth form courses on offer, A Level PE, Btec Sport |
| **Assess Week & Review**  **Consolidate & Extend** | Component 1 mock paper (including the 9 mark question)  Go through results, identify area’s for improvement, link to personalised revision plan for each pupil | | Component 1 and 2 full mock paper  Go through results, identify area’s for improvement, link to personalised revision plan for each pupil |
|  | **Component 4 – PEP coursework** | | **Component 1: Fitness and Body Systems**  **Component 2: Health and Performance** |
| **Cycle 3** | * An introduction to using a PEP to develop fitness, health and exercise and performance * PARQs; warm ups and cool downs * Components of fitness * Fitness tests – theory and practice * Principles of training * Methods of training * Thresholds of training * Application of principles of training to a PEP * Application of methods of training to a PEP | | Component 1 exam  Component 2 exam |
|  | **Careers GROWS**  Careers trip to a university that will include:  S&C session  Practical  Tour  Speech from athlete and Q & A | |
| **Assess Week & Review**  **Consolidate & Extend** | Coursework assessed (component  **All coursework handed in and signed off** | |