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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
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| **Career opportunities** Nutritionist – dietCoach – 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
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| **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 paperGo 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)
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|  | **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 paperGo 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 examComponent 2 exam |
|  | **Careers GROWS**Careers trip to a university that will include:S&C sessionPracticalTourSpeech from athlete and Q & A |
| **Assess Week & Review****Consolidate & Extend** | Coursework assessed (component **All coursework handed in and signed off** |