

	Year 9 (New Spec)	Year 10 (New Spec)	Year 11 (Old Spec)
Autumn 1	<p><b>Topic:</b> Introduction to the course and theory Topic 1: The structure and functions of the musculo-skeletal systems</p>	<p><b>Topic:</b> Introduction to fitness, fitness components, tests, methods and principles for physical training</p>	<p><b>Topic:</b> Diet, exercise and rest, somatotypes and body shapes. The structure and function of the muscular and skeletal system.</p>
	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• Functions of the skeleton and use in physical activity/sport.</li> <li>• Classification of the main bones.</li> <li>• Structure and location of main bones, their classification and use in physical activity/sport.</li> <li>• Classification of joints and impact on performance.</li> <li>• Movement possibilities at each type of joint.</li> </ul>	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• Warming up and cooling down in sport.</li> <li>• Fitness and fitness components, which are used in sport and why sports need different components.</li> <li>• Different fitness tests for each component.</li> <li>• How each test is administered</li> </ul>	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• Components of balanced diet and how dietary intake impacts on sports performance.</li> <li>• Different body types and their use in sports performance.</li> <li>• Types of muscle, voluntary muscles and actions,</li> <li>• Types of contraction in muscles, how muscles work to support sports performance,</li> <li>• The different bones and functions of the skeleton system,</li> <li>• The classification of joints in the body, synovial joints structure &amp; movement possible in joints.</li> <li>•</li> </ul>
Autumn 2	<p><b>Topic:</b> The structure and functions of the musculo-skeletal systems</p>	<p><b>Topic:</b> Fitness training methods and principles. Goal setting and SMART targets for physical training</p>	<p><b>Topic:</b> The structure and function of the cardiovascular and respiratory system. AoP coursework in selected sport.</p>
	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• Role of ligaments and tendons and their use in physical activity/sport.</li> <li>• Classification of different muscle types and their roles in physical activity/sport.</li> <li>• Location and function of the major muscles in the body, including antagonistic pairs and how these work together during physical activity/sport.</li> <li>• Characteristics of different muscle types.</li> </ul>	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• Develop understanding of training methods and training principles which are needed to develop a training programme.</li> <li>• The different methods which can be used to improve test results.</li> <li>• The fitness principles which must be considered prior to taking a training programme.</li> <li>• Goal setting how it is used and why.</li> <li>• SMART target setting and its use in physical fitness.</li> <li>• Complete data collection for fitness tests.</li> </ul>	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• Structure and function of cardiovascular system; heart, blood, blood vessels, route of blood around the body, temperature control.</li> <li>• Structure and function of respiratory system; layout of parts of the system, inspiration, expiration, gaseous exchange, oxygen flow around the body.</li> <li>• Completion of rules of sport, strategies/tactics in sport, perfect model in sport, evaluate technique against perfect model, suggest practices to improve technique.</li> </ul>

<b>Spring 1</b>	<p><b>Topic:</b> The structure and functions of the cardio-respiratory systems. Practical Sport 1: Badminton/Trampolining</p>	<p><b>Topic:</b> What different factors affect participation in sport, the ethical and socio-cultural issues in physical activity and sport. Practical PEP completion.</p>	<p><b>Topic:</b> The Effects of exercise on the body systems, completion of coursework for Analysis of performance.</p>
	<p><b>Content:</b> <b>Theory:</b></p> <ul style="list-style-type: none"> <li>• Functions of the CV system applied to performance.</li> <li>• Structure of the CV system and its role in physical activity/sport.</li> <li>• Structure of the blood vessels, how this impacts on physical activity/sport.</li> <li>• The mechanics required to redistribute blood and why.</li> <li>• Function and importance of contents of blood for physical activity/sport.</li> </ul> <p><b>Practical:</b></p> <ul style="list-style-type: none"> <li>• Course introduction of practical and individual unit and isolated skills developed prior to game situations.</li> </ul>	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• Factors affecting participation rates in physical activity and sport.</li> <li>• Different types of sporting behavior.</li> <li>• Trends associated in ethical and socio-cultural issues in physical activity and sport.</li> <li>• Plan PEP and undertake 6 week practical training programme.</li> <li>• Evaluate each session and adapt session accordingly to consider training principle sand promote development within specific fitness components.</li> </ul>	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• Short term effects of exercise on the muscular, skeletal, cardiovascular and respiratory systems,</li> <li>• Long term adaptations on all systems.</li> <li>• The energy systems including anaerobic, ATP-CP, Glycolysis, aerobic system.</li> <li>• Sessions developing coursework for AoP in chosen sport focusing on above 4 areas.</li> <li>• Practical fitness preparation for moderation day.</li> </ul>
<b>Spring 2</b>	<p><b>Topic:</b> The structure and functions of the cardio-respiratory systems. Practical: Completion and assessment for 1<sup>st</sup> sport.</p>	<p><b>Topic:</b> Commercialisation issues within sport. Completion of PEP and evaluation. Beginning of 2<sup>nd</sup> Practical Sport: Basketball,</p>	<p><b>Topic:</b> Extended Questions revision and Practical examination.</p>
	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• Composition of inhaled/exhaled air and impact on physical activity/sport.</li> <li>• Location of main components of respiratory system and role in transporting O<sub>2</sub> and CO<sub>2</sub> in/out of the body.</li> <li>• Structure and location of gaseous exchange.</li> <li>• How the body systems work together to allow participation in physical activity/sport.</li> </ul> <p><b>Practical:</b> Completion of 1<sup>st</sup> practical assessment with marks for isolation /10 and game situation /25.</p>	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• Complete training programme using two training methods in fitness suite and gym.</li> <li>• Complete review of programme using training diary.</li> <li>• Begin Practical sport 2: Basketball isolated drills and then competitive game situations.</li> <li>• Commercialisation issues in sport; relationship with media, sponsors, spectators and the player/performer.</li> </ul>	<p><b>Content:</b> development of extended question revision and preparation for exam, practical examination preparation in selected sports.</p>

<b>Summer 1</b>	<p><b>Topic:</b> Introduction to health, fitness and well-being and Relationship between health and exercise</p>	<p><b>Topic:</b> Introduction into Sports Psychology Practical: Complete 2<sup>nd</sup> Sport Assessment in Basketball.</p>	<b>Written and Practical exam completed by end of May 2016.</b>
	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• The relationship between health and fitness and the role that exercise plays in both.</li> <li>• Physical, emotional and social health, fitness and well-being.</li> <li>• The consequences of a sedentary lifestyle.</li> <li>• Energy use, diet, nutrition and hydration.</li> </ul>	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• Completion of 2<sup>nd</sup> practical sport.</li> <li>• Classification of skill, practice structures and application of knowledge.</li> <li>• Conclude goal setting and reviewing targets to improve and/or optimize performance.</li> <li>• Guidance and feedback through performance.</li> <li>• Mental preparation in sport.</li> </ul>	
<b>Summer 2</b>	<p><b>Topic:</b> Introduction to fitness through practical application to fitness tests/methods and gathering data.</p>	<p><b>Topic:</b> Recap of Component 2 Topic 1 content: Health fitness, fitness and well-being. Potential 3<sup>rd</sup> sport: Athletics introduced and basic assessment given.</p>	<b>Written and Practical exam completed by end of May 2016.</b>
	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• Practical theory completing a variety of fitness tests.</li> <li>• Gather and save data on fitness test scores in a variety of tests.</li> <li>• Help administer tests and record data from selected students.</li> <li>• Practical experience the different training methods.</li> <li>• Discuss how different training methods can achieve the same/different goals with regards to improving participation/performance in selected sports.</li> <li>• Summer Year 9 Exam</li> </ul>	<p><b>Content:</b></p> <ul style="list-style-type: none"> <li>• Physical, emotional and social health, fitness and well-being.</li> <li>• The consequences of a sedentary lifestyle.</li> <li>• Energy use, diet, nutrition and hydration.</li> <li>• Introduction to individual assessment for Athletics and assessment advice.</li> <li>• Confirmation of 3 sports.</li> <li>• Summer Year 10 Exam</li> <li>• Work Experience</li> </ul>	