

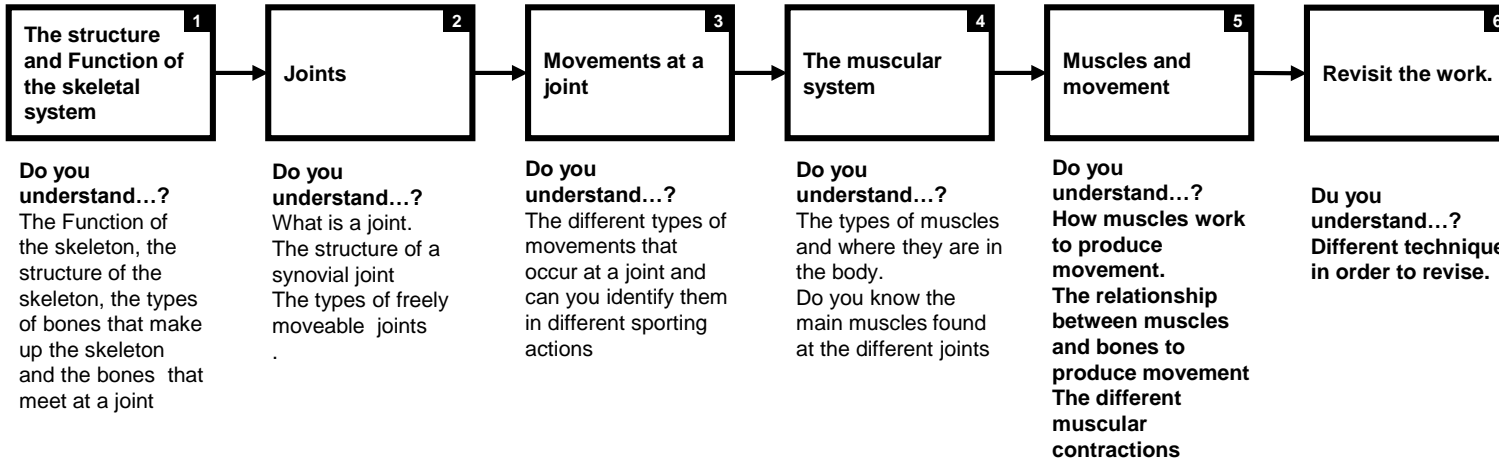
INTENT

Students should develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport

ASSESSMENT

Vocab test ,Relevant exam questions to cover AO1,AO2 and AO3 answers,

SEQUENCE OF LEARNING



BUILDS ON...

Any prior knowledge from warm-ups/cool downs in KSE.
 HRE lessons in KS3

TERMINOLOGY

Musculoskeletal
 Articulating bones
 Synovial Joints
 Agonist
 Antagonist
 Prime mover
 Point off insertion
 Point of origin

VOCABULARY

Names of bones
 Name of muscles
 Synovial fluid
 Synoviale membrane
 Bursae
 Cartilage
 Ligaments
 Tendons
 Flexion
 Extension
 Adduction
 Abduction
 Rotation
 Circumduction

CULTURAL CAPITA/SMSCL

Pupils need to give sporting examples which will be generated form British sports like football and netball.



LINKS TO...

Sporting movements
Somatotypes
Biology Science lessons

YEAR 10 TERM 1

Anatomy and Physiology

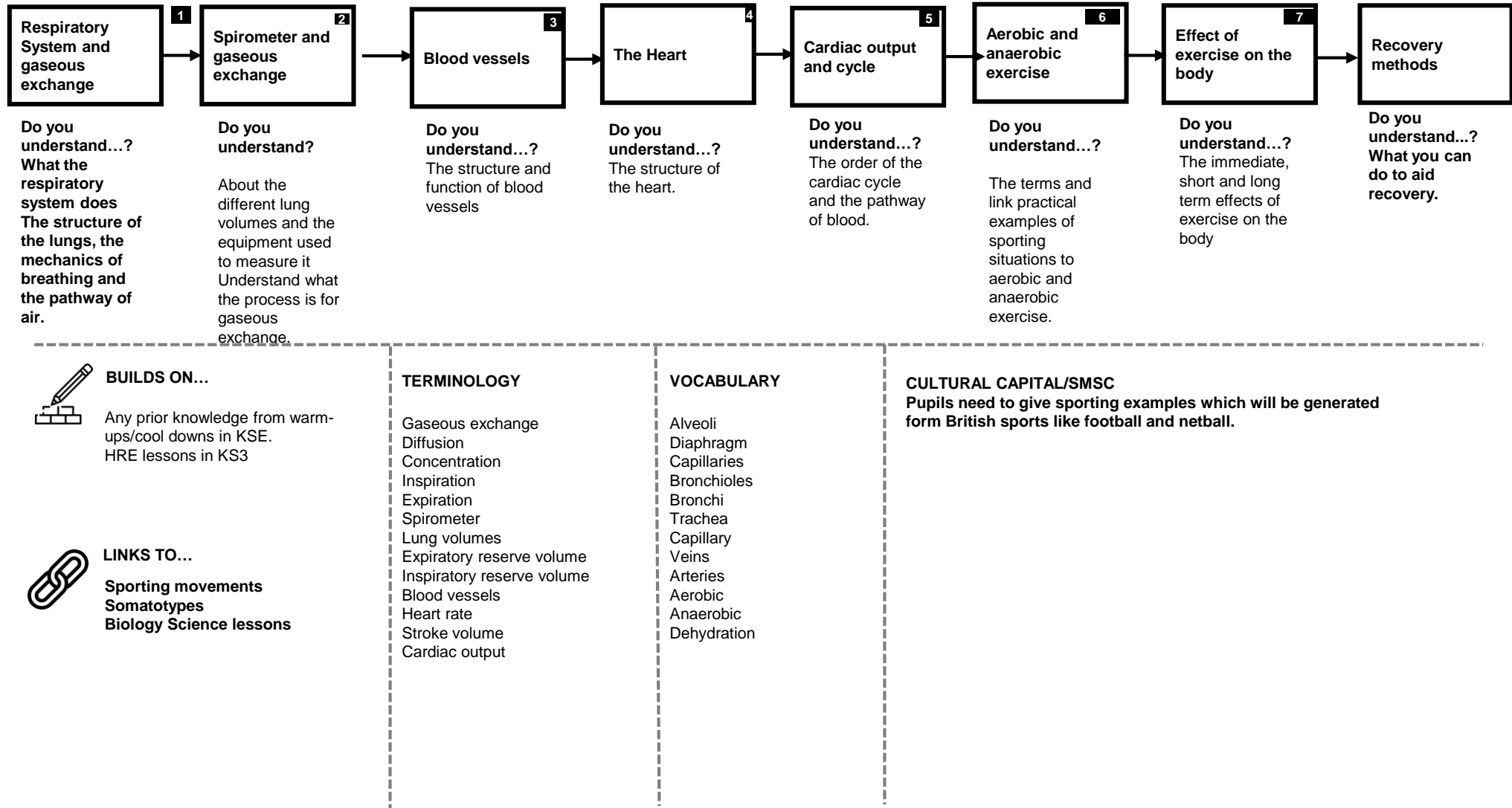
INTENT

Students should develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport

ASSESSMENT

Vocab test ,Relevant exam questions to cover AO1,AO2 and AO3 answers,

SEQUENCE OF LEARNING



YEAR 10 TERM 2 Physical Training

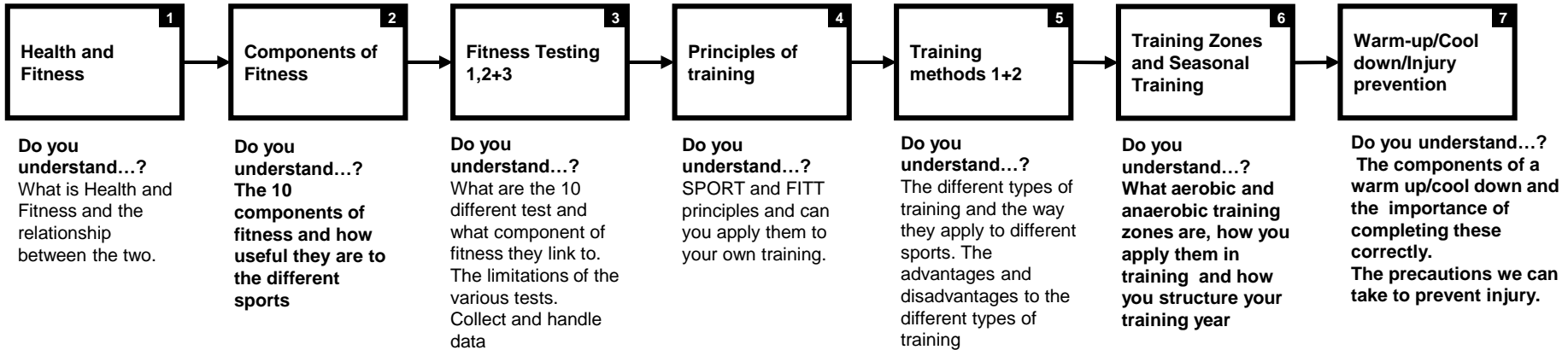
INTENT

Students should develop knowledge and understanding of the principles of training and different training methods in order to plan, carry out and evaluate personal exercise and training programmes

ASSESSMENT

Completing fitness testing practically and through written work. End of module test. Completion of the practical written coursework in year 10/11.

SEQUENCE OF LEARNING



BUILDS ON...

Work completed in HRE in KS3 and training methods that they will have experience in KS3 and the fitness module in KS4

TERMINOLOGY

Health
Fitness
Validity
Quantitative data
Qualitative data
National norms
Specificity
Progressive/overload
Reversibility
Tedium
Frequency
Intensity
Time
Type
MHR
Aerobic Training zone
Anaerobic Training zone
DOMS

VOCABULARY

10 Components of Fitness
10 Fitness tests
Types of training
Training threshold
Hydration
Altitude
Pre season
Competitive season
Post season
Pulse raising

CULTURAL CAPITAL/SMSC

Relationship with coaches. Team work. Looking at the countries where training at altitude is possible..
Pupils need to give sporting examples which will be generated from British sports like football and netball.



LINKS TO...

Vasoconstriction, vasodilation.
Written practical coursework
Maths and handling data through graphs etc.

YEAR 10 TERM 3

Movement analysis

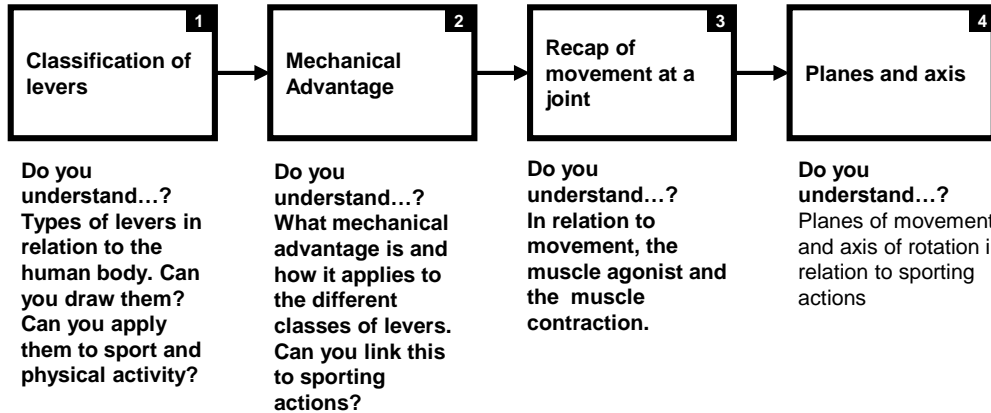
INTENT

Students should develop knowledge and understanding of the basic principles of movement and their effort on performance in physical activity and sport.

ASSESSMENT

End of module test and practice exam questions

SEQUENCE OF LEARNING



BUILDS ON...

Work on the skeletal and muscular systems and helps to analyse movements more specifically.

TERMINOLOGY

Levers
Planes
Axis
Mechanical Advantage

VOCABULARY

Fulcrum
Load/resistance
Effort
Effort arm
Load arm
Sagittal plane/axis
Transverse plane/axis
Frontal plane
Longitudinal axis

CULTURAL CAPITAL/SMSC

Analysing sporting actions in sports that are common to sports participated in in the UK.



LINKS TO...

Muscular system
Skeletal system
Performance analysis
Maths
Design

YEAR 10 TERM 4

Use of data

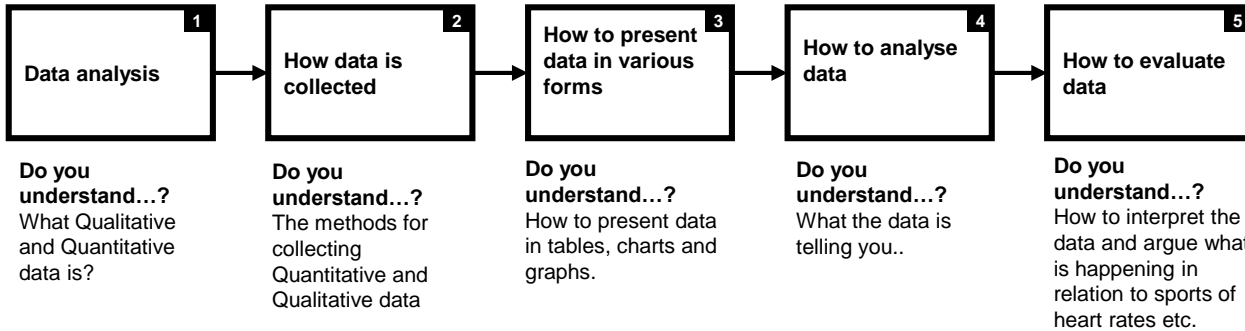
INTENT

Students should develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport.

ASSESSMENT

Data handling questions are included in homework's, module tests and mocks.

SEQUENCE OF LEARNING



How data is collected



BUILDS ON...

Work in Maths and science.
Develops pupils understanding of sport's place in what happens to the population.

TERMINOLOGY

Quantitative data
Qualitative data
Axis
Analyse
Evaluate

VOCABULARY

Questionnaires
Survey
Observation
Interview
Line Chart
Bar Graph

CULTURAL CAPITAL/SMSC

Looking at fitness levels of the population
Help[s] pupils to understand how data is collected and use to inform the population of many different social and cultural issues.



Links to ...
Any topic in the GCSE course.

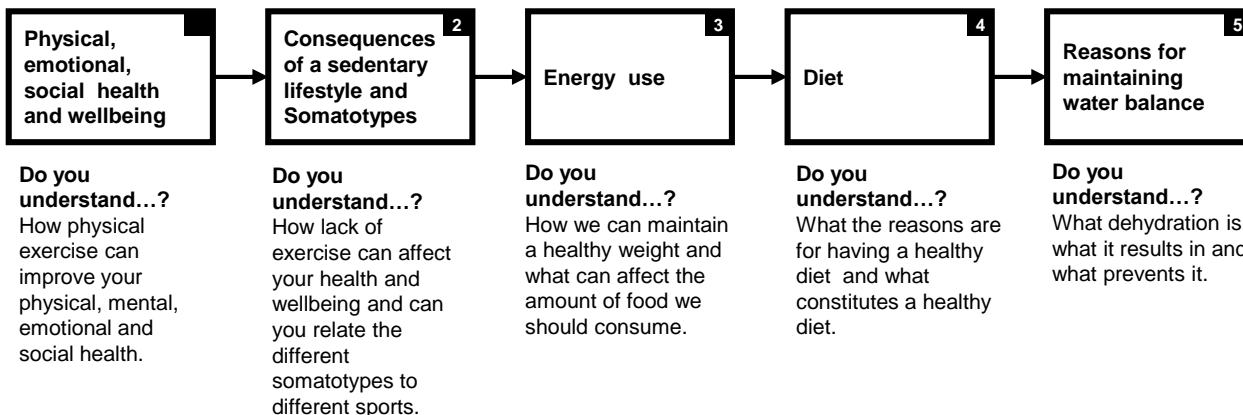
INTENT

Students should develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and wellbeing.

ASSESSMENT

Homework, End of module test.

SEQUENCE OF LEARNING



BUILDS ON...
Work in KS3 on importance of exercise

TERMINOLOGY
BMI
Somatotypes
Hypertension
Obesity
Endomorph
Ectomorph
Mesomorph

VOCABULARY

Lethargy
Obesity
Calorie

CULTURAL CAPITAL/SMSC

Effects of poor diet on a nation.
The importance of social emotional and mental health within society.



LINKS TO...
Food technology, effects of poor diet on a nation.
GCSE Coursework

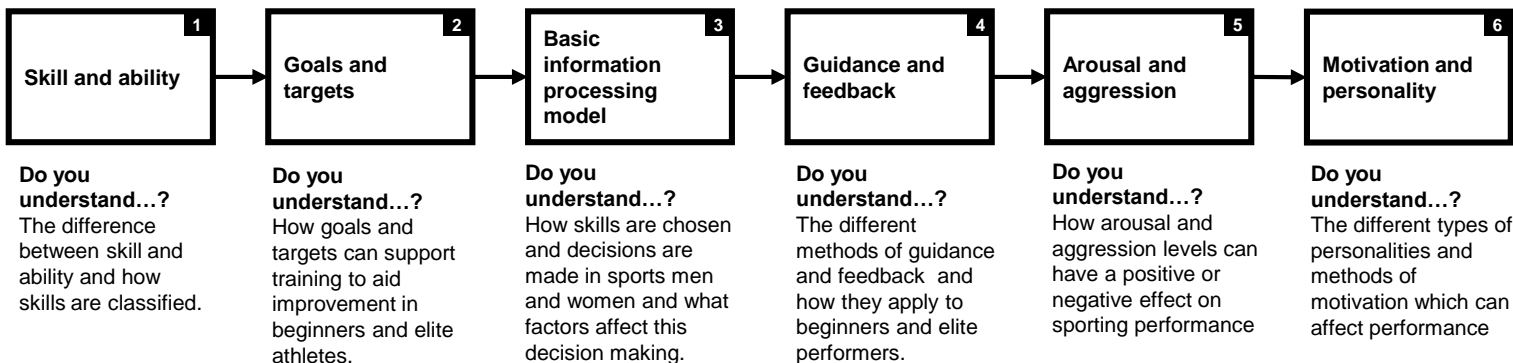
INTENT

Students should develop knowledge and understanding of the psychological factors that can affect performers in physical activity and sport.

ASSESSMENT

Homework and End of Module test.

SEQUENCE OF LEARNING



BUILDS ON...
How skills are taught in KS3

TERMINOLOGY

Skill continuum
Performance Goals
Outcome goals
SMART targets
Basic Information Processing model
knowledge of performance
Knowledge of results
Arousal
Direct and Indirect aggression
Inverted U theory
Mental rehearsal
Imagery
Positive self talk

VOCABULARY

Skill
Ability
Classification
Trait
Input
Decision making
Outcome
Feedback
Short term memory
Long term memory
Intrinsic feedback
Extrinsic feedback
Extrovert
Introvert

CULTURAL CAPITAL/SMSC

How coaches can motivate performers and monitor improvement.
The changes to the changes in perception of male and female sports in relation to sports that show aggression both direct aggression and indirect aggression.



LINKS TO...
GCSE COURSEWORK
Psychology

YEAR 11 TERM 3

Socio-Cultural

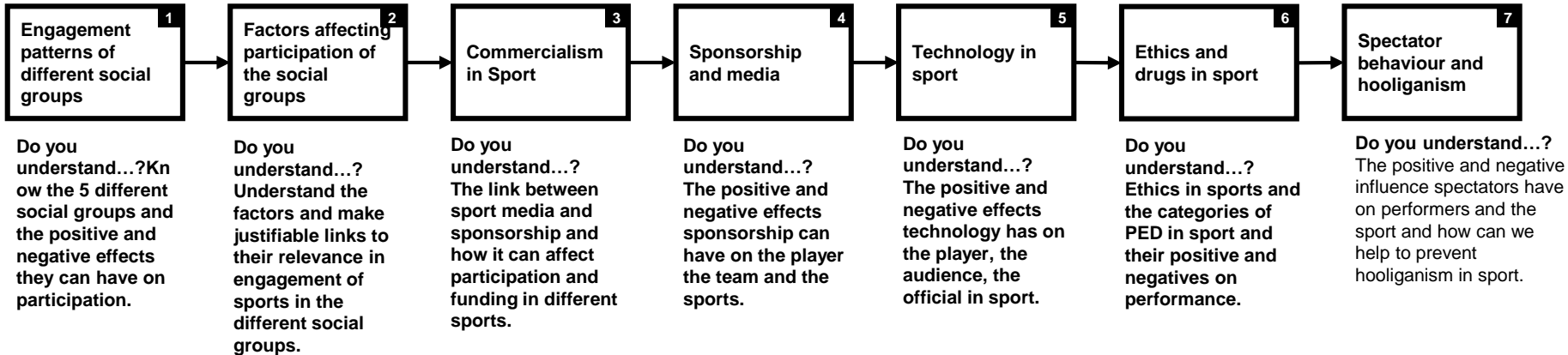
INTENT

Students should develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society

ASSESSMENT

End of module test, homework

SEQUENCE OF LEARNING



BUILDS ON...

Pupils playing sport in school and being affected by friendship groups or parental support.

TERMINOLOGY

Socio-economic factors
Commercialism
Golden triangle
Hawkeye
Prohibited substances
Hooliganism

VOCABULARY

Adaptability
Inclusiveness.
Sponsor
Sponsorship
Rehabilitation
Prosthetics
Consumer
Sportsmanship
Gamesmanship
Classification of drugs

CULTURAL CAPITAL/SMSC

Drugs in society
Influences of the media on society
How society feels about hooliganism in sport.
Abiding by the rules and accepting decisions.
Jobs related to sport in society.
How a nation is affected when hosting big sporting events
Social groups in society.



LINKS TO...

Jobs in sports PSHE – dangers of taking drugs

