Subject:	Autumn HT 1 - The	Autumn HT 2 - Muscular	Spring HT 1 – Components of	Spring HT 2 – Applying the	Summer HT 1 – Preventing	Summer HT 2 – The
eusjeet.	structure and function of	Systems Continued	Fitness continued	Principles of Training and	Injury in Physical Activity	Cardiovascular
CCSE	the Skeletel and	<u>Systems continued,</u> Movement Applysis and	<u>riticss continucu,</u>		and Training	<u>Caratovascular</u>
GCSE	the Skeletal and	Movement Analysis and	<u>coursework write up and</u>	<u>coursework write up</u>	and training	<u>Respiratory Systems,</u>
PE	<u>Muscular Systems</u>	Components of Fitness	Training Methods			<u>Aerobic &amp; Anaerobic</u>
						<u>exercise</u>
Year 10						
	<ul> <li>Location of the major</li> </ul>	<ul> <li>The roles of Muscles in</li> </ul>	COURSEWORK PIECE	<ul> <li>Principles of training and</li> </ul>	•	<ul> <li>Double-circulatory</li> </ul>
	Bones in the body;	movements; Agonist,	<ul> <li>Applying the components of</li> </ul>	be able to apply them to	How the risk of injury in	system (systemic and
	Cranium, Vertebrae, Ribs,	Antagonist, Fixator	fitness to chosen sport/activity.	personal exercise/training	physical activity and	pulmonary).
	Sternum, Clavicle,		<ul> <li>Ranking the COF from 1-10</li> </ul>	programmes: specificity,	sport can be minimised and be	x know the different
	Scapula, Humerus, Ulna,	COURSEWORK PIECE	<ul> <li>Justification of ranking in</li> </ul>	overload, progression,	able to apply examples,	types of blood vessel:
	Radius, Carpals,	Movement analysis	relation to chosen	reversibility.	including:	<ul> <li>The pathway of blood</li> </ul>
	Metacarpals, Phalanges,	preparation. Model	sport/activity.	<ul> <li>FITT (Frequency,</li> </ul>	<ul> <li>personal protective</li> </ul>	through the heart:
	Pelvis, Femur, Patella,	examples and planning	Write up of Fitness Analysis	Intensity, Time, Type) and be	equipment	- atria
	TIDIA, FIDUIA, TARSAIS, Metatareale	<ul> <li>Movement analysis write up,</li> </ul>	Identifying strengths and	able to apply these	<ul> <li>correct clothing/footwear</li> </ul>	- ventricies
	Function of the Skoleton:	application of movement		elements to personal	- appropriate level of	- bicuspia, tricuspia
	Support Posture	sport/activity and skill	<ul> <li>Preparation and write up of Fitness Evaluation     </li> </ul>	exercise/training programmes.	competition	- sentum and major
	Protection Movement	sport/activity and skin.	Fitness Evaluation.		- lifting and carrying equipment	blood vessels.
	Blood Cell Production.	<ul> <li>Lever Systems and their use</li> </ul>		COURSEWORK PIECE	sarely	- aorta
	Storage of Minerals	in Physical activity and	Know different types of     training definitions and		- use of warni up and cool down	- pulmonary artery
	Types of Synovial Joint	Sport; 1 <sup>st</sup> class, 2 <sup>nd</sup> Class.	training, definitions and		Know notential bazards in a	- vena cava
	<ul> <li>Types of movement at</li> </ul>	3 <sup>rd</sup> Class, Mechanical	fartlek		range of physical activity and	- pulmonary vein.
	Hinge joints and Ball and	Advantage	- interval circuit training		sport settings and be able to	The definitions of:
	Socket joints; Flexion,	<ul> <li>Planes of movement;</li> </ul>	weight training, plyometrics.		apply examples, including:	- heart rate
	Extension, Abduction,	Frontal, Transverse, Sagittal	HIIT (High Intensity Interval		- sports hall	- stroke volume
	Adduction, Rotation,	<ul> <li>Axes of Rotation; Frontal,</li> </ul>	Training).		- fitness centre	- cardiac output.
	Circumduction	Transverse, Longitudinal	Key components of a warm up		- playing field	The role of red blood
	Other components of	Know the following	and be able to apply examples:		<ul> <li>artificial outdoor areas</li> </ul>	cells The method of a line
	Joints; Ligaments,	components of fitness:	pulse raising, mobility,		<ul> <li>swimming pool.</li> </ul>	<ul> <li>The pathway of air</li> </ul>
	Cartilage, Tendons	caruiovascular	stretching, dynamic			through the
	<ul> <li>Location of the major</li> </ul>	12 minute run/walk test	movements, skill rehearsal			system:
	muscle groups:	multi-stage fitness test	<ul> <li>Physical benefits of a warm up,</li> </ul>			- mouth
	Trapezius, Deltoid,	Speed:30m sprint test	including effects			- nose
	Latissimus Dorsi, Bicen.	Strength: grin strength	on: warming up			- trachea
	Tricep, Pectorals,	dynamometer test	muscles/preparing the body for			- bronchi
	Abdominals, Gluteals,	1 Repetition Maximum (RM)	physical activity, body			- bronchiole
	Quadricep, Hamstring,	Power: `standing jump' or	flovibility of muscles and joints			- alveoli
	Gastrocnemius	`vertical jump' tests	nexibility of higsmonts and			• The role of respiratory
		Flexibility	tendons blood flow and oxygen			muscles in breathing:
		-Know the definition of	to muscles the speed of			- diaphragm
		flexibility:'sit and reach' test	muscle contraction.			- intercostals
		<ul> <li>Agility :Illinois agility tes</li> </ul>	Key components of a cool down			<ul> <li>The definitions of:</li> </ul>
		Balance: stork stand test	and be able to apply examples:			- breathing rate
		Co-ordination:'wall throw'	low intensity exercise			- tidal volume
		test	stretching			- minute ventilation
		Reaction time: reaction time	<ul> <li>Physical benefits of a cool</li> </ul>			<ul> <li>Alveoil as the site of</li> </ul>
		ruler lest	down, including:			gas exchange.
		Collect and use data relating     to the components	<ul> <li>helps the body's transition</li> </ul>			Deminitions of .     aerobic exercise
		of fitness	back to a resting state			- anaerohic evercise
		01 11(1)(35	- gradually lowers heart rate			<ul> <li>Practical examples of</li> </ul>
			- gradually lowers temperature			aerobic and anaerobic
			- circulates plood and oxygen			activities in relation to
			- gradually reduces breatning			intensity and
			- increases removal of waste			duration.
			products such as			
			lactic acid			
			- reduces the risk of muscle			
			soreness and stiffness			
			- aids recovery by stretching			
			muscles			

Subject:	Autumn HT 1 – Effects of	Autumn HT 2 - Engagement	Spring HT 1-	Spring HT 2 – Ethical and Socio-
GCSE PE	Exercise on body systems	<u>Patterns of different social</u> groups in physical activities	Spring HT 2- Sports Psychology	cultural in physical activity and sport & Health, Fitness and
		and sport	<u></u>	<u>Well-being</u>
Year 11				
	<ul> <li>Short-term effects of exercise on muscle temperature, heart rate, stroke volume, cardiac output, respiratory rate, tidal volume, minute ventilation, lactic acid production,</li> <li>Long term effects of exercise on; Bone density, hypertrophy of muscle, muscular strength, fatigue, hypertrophy of the heart, resting heart rate, stroke volume, cardiac output, recovery rate, aerobic capacity, respiratory muscles, tidal volume, capillarisation</li> <li>Collecting and using data relating to long-term effects of exercise</li> </ul>	<ul> <li>Current trends in participation in physical activity and sport:         <ul> <li>using different sources (such as Sport England, National Governing Bodies (NGBs) and Department of Culture, Media and Sport (DCMS))</li> <li>of different social groups</li> <li>in different physical activities and sports.</li> </ul> </li> <li>Different factors can affect participation, including:         <ul> <li>age</li> <li>gender</li> <li>ethnicity</li> <li>religion/culture</li> <li>family</li> <li>education</li> <li>time/work commitments</li> <li>cost/disposable income</li> <li>discrimination</li> <li>environment/climate</li> <li>media coverage</li> <li>role models</li> </ul> </li> <li>Strategies which can be used to improve participation:             <ul> <li>provision</li> <li>provision</li> <li>access</li> </ul> </li> </ul>	<ul> <li>Characteristics of skillul movement         <ul> <li>Efficiency</li> <li>Fluency</li> <li>Pre-determined</li> <li>Co-ordinated</li> <li>Aesthetic</li> </ul> </li> <li>COURSEWORK PIECE         <ul> <li>Continua used in the classification of skills, including:                 <ul> <li>simple to complex skills (difficulty continuum)</li> <li>open to closed skills (environmental continuum).</li> <li>be able to apply practical examples of skills for each continuum along with justification of their placement on both continua.</li> </ul> </li> <li>COURSEWORK PIECE         <ul> <li>Goalsetting:</li></ul></li></ul></li></ul>	<ul> <li>The different health benefits of physical activity and consequences of a sedentary lifestyle: <ul> <li>physical:</li> <li>injury</li> <li>coronary heart disease (CHD)</li> <li>blood pressure</li> <li>bone density</li> <li>obesity</li> <li>Type 2 diabetes</li> <li>posture</li> <li>fitness.</li> <li>emotional:</li> <li>self-esteem/confidence</li> <li>stress management</li> <li>image</li> <li>social:</li> <li>friendship</li> <li>belonging to a group</li> <li>loneliness</li> <li>Responding to data about health, fitness and well</li> </ul></li></ul>
		Commercialisation of physical	COURSEWORK PIECE	
		<ul> <li>activity and sport</li> <li>The influence of the media on the commercialisation of physical activity and sport:         <ul> <li>different types of media o social o internet o TV/visual o newspapers/magazines</li> <li>Commercialisation, including sport, sponsorship and the media (the golden triangle):             <ul> <li>positive and negative effects of the media on commercialisation</li> </ul> </li> </ul></li></ul>	<ul> <li>Mental preparation techniques and be able to applypractical examples to their use:         <ul> <li>imagery</li> <li>mental rehearsal</li> <li>selective attention</li> <li>positive thinking</li> </ul> </li> <li>Types of guidance, their advantages and disadvantages, and be able to apply practical examples to their use:         <ul> <li>Visual</li> <li>Verbal</li> <li>Manual</li> <li>Mechanical</li> </ul> </li> </ul>	



	<ul> <li>be able to apply practical examples to these issues.</li> <li>The influence of sponsorship on the commercialisation of physical activity and sport: <ul> <li>positive and negative effects of sponsorship on commercialisation</li> <li>be able to apply practical examples to the issue of sponsorship</li> </ul> </li> <li>Ethics in Sport <ul> <li>The Value of Sportsmanship</li> <li>The reasons for gamesmanship and deviance</li> </ul> </li> <li>The types of drugs and their effect on performance: <ul> <li>anabolic steroids</li> <li>beta blockers</li> <li>stimulants</li> </ul> </li> <li>The impact of drug use in sport: <ul> <li>on performers</li> <li>on sport itself</li> </ul> </li> </ul>	Types of feedback and be able to apply practical examples to their use: - intrinsic - extrinsic - knowledge of performance - knowledge of results - positive - negative - negative	
--	--	---	--

