

	Half Term	Year 10	Year 11
Autumn Term 2021	1	1. Physical, emotional and social health 2. Lifestyle choices 3. Impact of lifestyle choices 4. Sedentary lifestyles and consequences 5. Balanced diet and the role of nutrients 6. Dietary manipulation for sport	3.1 Engagement patterns of different social groups 3.3 Ethical & socio-cultural issues 3.2 Commercialisation 3.5.5 PEDS PRACTICAL FINAL ASSESSMENT INCLUDING VIDEO EVIDENCE
	2	7. Optimum weight 8. Functions of the skeletal system 9. Classification of bones 10. Structure of the skeletal system 11. Location and roles of key voluntary muscles NETBALL FOOTBALL TRAMPOLINING	
Spring Term 2022	3	1. Antagonistic muscles 2. Fast and slow twitch muscle fibres 3. Structure and function of the cardiovascular system 4. Arteries, capillaries and veins 5. Vascular shunting 6. Components of blood and their significance for physical activity	REVISION/RECALL & PPE PREPARATIONS PAPER 1 & PAPER 2 PREPARATION FOR PRACTICAL MODERATION
	4	7. Respiratory system – composition of air; lung volumes 8. Location and roles of principal components of respiratory system 9. Structure and function of alveoli 10. Energy sources; aerobic and anaerobic exercise and short term effects of exercise TABLE TENNIS BADMINTON BASKETBALL	
Summer Term 2022	5	1. Goal setting – SMART targets 2. Classification of skills 3. Forms of practice – theory and practical application 4. Types of guidance – theory and practical application	<u>Revision & Examination</u>
	6	5. Mental preparation for performance; Types of feedback 6. Sports psychology – use of data ATHLETICS	