

	Half Term	Year 10	Year 11
Autumn Term 2024	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 7. Optimum weight	1. Classification of skills 2. Forms of practice – theory and practical application 3. Types of guidance – theory and practical application 4. Mental preparation for performance; Types of feedback 5. Sports psychology – use of data
	2	8. Functions of the skeletal system 9. Classification of bones 10. Structure of the skeletal system 11. Location and roles of key voluntary muscles FITNESS TESTING BADMINTON NETBALL TABLE TENNIS TRAMPOLINING	COURSEWORK; review, preparation & write up (Final Draft) PRACTICAL FINAL ASSESSMENT INCLUDING VIDEO EVIDENCE
Spring Term 2025	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	1. Engagement patterns of different social groups 2. Ethical & socio-cultural issues 3.2 Commercialisation 3. PEDS
	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 BADMINTON NETBALL FOOTBALL TABLE TENNIS DANCE	REVISION/RECALL & PPE PREPARATIONS PAPER 1 & PAPER 2 PREPARATION FOR PRACTICAL MODERATION
Summer Term 2025	5	1. Goal setting – SMART targets 2. COURSEWORK; preparation, data collection, evaluation & write up (1 ST Draft) PHYSICAL TRAINING – coursework data collection	Revision & Examination - Practical assessment – external moderation - Examinations Paper 1; May & Paper 2; June
	6	ATHLETICS – track & field	