

YEAR	TERM 1 (Autumn)	TERM 2 (Spring)	TERM 3 (Summer)
<b>YEAR 10</b>	<p><b>APPLIED ANATOMY &amp; PHYSIOLOGY:</b></p> <ul style="list-style-type: none"> <li>• <i>Structure &amp; functions of the musculoskeletal skeleton (bones) &amp; synovial joints, muscles of the body</i></li> <li>• <i>Structure &amp; functions of the cardio-respiratory system (air)</i></li> </ul> <p><b>MOVEMENT ANALYSIS &amp; NEA PRACTICAL PERFORMANCE:</b></p> <ul style="list-style-type: none"> <li>• Badminton</li> <li>• Table tennis</li> <li>• Planes &amp; axes of movement</li> </ul> <p><b>PHYSICAL TRAINING:</b></p> <ul style="list-style-type: none"> <li>• Components of Fitness</li> <li>• Types of training</li> </ul>	<p><b>APPLIED ANATOMY &amp; PHYSIOLOGY:</b></p> <ul style="list-style-type: none"> <li>• <i>Structure &amp; functions of the cardio-respiratory system (gaseous exchange, structures of the heart, the cardiac system, mechanics of breathing)</i></li> <li>• <i>Anaerobic &amp; aerobic exercise</i></li> </ul> <p><b>MOVEMENT ANALYSIS &amp; LEVER SYSTEMS:</b></p> <ul style="list-style-type: none"> <li>• Levers</li> <li>• Mechanical advantage</li> <li>• Basic movements</li> <li>• Planes &amp; axes of movement</li> </ul> <p><b>PHYSICAL TRAINING:</b></p> <ul style="list-style-type: none"> <li>• Types of training</li> <li>• Training intensities</li> <li>• Optimising training</li> <li>• Injury</li> </ul>	<p><b>APPLIED ANATOMY &amp; PHYSIOLOGY:</b></p> <ul style="list-style-type: none"> <li>• <i>Excess post exercise oxygen consumption/oxygen debt</i></li> <li>• <i>The recovery process</i></li> </ul> <p><b>MOVEMENT ANALYSIS &amp; NEA PRACTICAL PERFORMANCE:</b></p> <p>Practical application of training methods through:</p> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• Cricket</li> </ul> <p><b>PHYSICAL TRAINING:</b></p> <ul style="list-style-type: none"> <li>• Training methods</li> <li>• Warm up and cool down</li> <li>• Competition and seasons</li> <li>• Data interpretation</li> </ul>
<b>YEAR 11</b>	<p><b>SPORTS PSYCHOLOGY:</b></p> <ul style="list-style-type: none"> <li>• Classifications of skill</li> <li>• Targets &amp; goals</li> </ul> <p><b>SOCIO CULTURAL INFLUENCES:</b></p> <ul style="list-style-type: none"> <li>• Engagement patterns of different social groups in sport</li> <li>• Commercialisation</li> <li>• Sponsorship &amp; media</li> <li>• Conduct of performers</li> </ul> <p><b>HEALTH, FITNESS &amp; WELL-BEING:</b></p> <ul style="list-style-type: none"> <li>• Exercise needs of different people</li> </ul> <p><b>Non-Examined Assessment:</b> Independent learning and completion of Self-analysis and evaluation</p> <ul style="list-style-type: none"> <li>• Consequences of a sedentary lifestyle – obesity</li> </ul>	<p><b>SPORTS PSYCHOLOGY:</b></p> <ul style="list-style-type: none"> <li>• Effectiveness of feedback</li> <li>• Mental preparation &amp; arousal levels in sport</li> <li>• Introverts &amp; extroverts</li> </ul> <p><b>SOCIO CULTURAL INFLUENCES:</b></p> <ul style="list-style-type: none"> <li>• Spectator behaviour</li> <li>• Hooliganism</li> </ul> <p><b>HEALTH, FITNESS &amp; WELL-BEING:</b></p> <ul style="list-style-type: none"> <li>• Nutrition – proteins, carbohydrates, minerals, vitamins, fats</li> <li>• Hydration</li> </ul>	<p><b>REVISION:</b></p> <p><b>EXTERNAL EXAMS:</b></p>