

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