



Topic name	Term	Skills developed	Prior learning	Next link in curriculum
Effects of exercise on body system	Autumn	<ul style="list-style-type: none"> Develop knowledge and understanding of the short and long-term effects of exercise on muscles, bones, the respiratory system and cardiovascular system. Develop ability to apply understanding of the short and long-term effects to a range of different sporting examples. 	Prior knowledge – exploring the body systems (skeletal system, muscular system, cardiovascular system, respiratory system) taught in year 9.	Paper 1 Physical Factors affecting performance paper - Section A questions; multiple choice questions, 2 and 3 marks questions. Section B questions; 4 and 5 mark questions. 6 mark questions.
Components of Fitness	Autumn	<ul style="list-style-type: none"> Performance in fitness tests to gather results which will be used in section 1 of the AEP coursework: <ul style="list-style-type: none"> 12 minute Cooper run/walk test Press up test Sit up test 30m sprint test Grip strength dynamometer test Standing jump test Vertical jump test Sit and reach test Illinois Agility test Stork stand test Wall throw test Ruler drop test Develop knowledge and understanding of the 10 components of fitness – ability to define each component, be able to apply practical examples where each component of fitness is particularly important in sport and know a suitable test to measure levels of each component. 	<p>Theory through practical opportunity – teaching the theory behind each component of fitness whilst pupils partake in fitness tests.</p> <p>Prior knowledge – KS3 fitness lessons allow a basic understanding of the components of fitness</p>	<p>Section 1 AEP – Evaluation of Performance</p> <p>Paper 1 Physical Factors affecting performance paper - Section A questions; multiple choice questions, 2 and 3 marks questions. Section B questions; 4 and 5 mark questions. 6 mark questions.</p>
Principles of Training	Autumn	<ul style="list-style-type: none"> Develop knowledge and understanding of the principles of training; <ul style="list-style-type: none"> Specificity Overload Progression Reversibility Develop ability to define each principle and be able to link and apply each one to a personal AEP action plan and training programmes. 	KS3 fitness lessons allow a basic understanding of types of training such as circuit and continuous training. All year 7 pupils have the opportunity to experience continuous training through the year 7 cross country race and 12-minute cooper run.	<p>Section 4 AEP – Action Plan</p> <p>Paper 1 Physical Factors affecting performance paper - Section A questions; multiple choice questions, 2 and 3 marks questions. Section B questions; 4 and 5 mark questions. 6 mark questions.</p>



Optimising Training	Spring	<ul style="list-style-type: none">Develop knowledge and understanding of the seven different methods of training (know and understand the definition, benefits of each method and sporting examples)<ul style="list-style-type: none">ContinuousFartlekIntervalCircuitWeightPlyometricsHIITDevelop understanding of the term 'FITT' and be able to use this in personal AEP action plan and training programmes.Develop knowledge and understanding of the key components of a warm up and cool down and the physical benefits and importance of completing them.	<p>Theory through practical opportunity – teaching the theory behind each method of training practically.</p> <p>Pupils to have the opportunity to create and lead their own warm ups and cool downs.</p> <p>KS3 fitness lessons allow a basic understanding of types of training such as circuit and continuous training. All year 7 pupils have the opportunity to experience continuous training through the year 7 cross country race and 12-minute cooper run.</p>	<p>Section 4 AEP – Action Plan</p> <p>Paper 1 Physical Factors affecting performance paper - Section A questions; multiple choice questions, 2 and 3 marks questions. Section B questions; 4 and 5 mark questions. 6 mark questions.</p>
Prevention of injury	Spring	<ul style="list-style-type: none">Develop knowledge and understanding of how to prevent injury when participating in sportKnow how to minimise risks by using appropriate equipment, clothing, lifting equipment correctly, performing a warm up and cool down and making sure performers perform at an appropriate level of competition.Know the potential hazards in a range of sport settings and the impact they have.	<p>Understanding of preventing injury through KS3 PE lessons. All pupils taught how to warm up effectively. All pupils understand from year 7 how to minimise risks by wearing the correct PE kit and not wearing jewellery.</p>	<ul style="list-style-type: none">Section 4 AEP – Action Plan (Risk assessment)Paper 1 Physical Factors affecting performance paper - Section A questions; multiple choice questions, 2 and 3 marks questions. Section B questions; 4 and 5 mark questions. 6 mark questions.



Characteristics of skilful movement	Summer	<ul style="list-style-type: none">• Develop knowledge and understanding of what a motor skill is and what the characteristics of skilful movement are.• Know the definitions of the characteristics of skilful movements and be able to link to sporting examples.		Paper 2 Socio-cultural issues and sports psychology - Section A questions; multiple choice questions, 2 and 3 marks questions. Section B questions; 4 and 5 mark questions. 6 mark questions.
Classification of skills	Summer	<ul style="list-style-type: none">• Know continua used in the classification of skills;<ul style="list-style-type: none">- Simple-complex skills (difficulty continuum)- Open-closed skills (environmental continuum)• Be able to place a range of sports and skills on each continua and justify placement of skill.	Links to GCSE PE coursework – classification of skills.	Section 3 AEP – Movement analysis and classification of skill Paper 2 Socio-cultural issues and sports psychology - Section A questions; multiple choice questions, 2 and 3 marks questions. Section B questions; 4 and 5 mark questions. 6 mark questions.
Goal Setting	Summer	<ul style="list-style-type: none">• Develop understanding of the importance of goal setting and the benefits.• Know what is meant by the term 'SMART' and be able to link to sporting examples and action plans.<ul style="list-style-type: none">- Specific- Measurable- Achievable- Recorded- Timed		Section 4 AEP – Action Plan Paper 2 Physical Factors affecting performance paper - Section A questions; multiple choice questions, 2 and 3 marks questions. Section B questions; 4 and 5 mark questions. 6 mark questions.