



Topic Name	Term	Skills Developed	Next link in curriculum	Other Notes	Links to Prior Learning
Health, Fitness and Well-being	Autumn	<ul style="list-style-type: none"> • Knowledge about what is meant by health, fitness and well-being • Understanding of the different health benefits of physical activity and the consequences of a sedentary lifestyle 	<ul style="list-style-type: none"> • Paper 2 Socio-cultural issues and sports psychology- Section C questions; multiple choice questions, 2 and 3 marks questions. Section B questions; 4 and 5 mark questions. 6 mark questions. 	This is taught at the beginning of the course as an introduction.	Link to discussions within practical Fitness lessons in Y7 and 8.
Diet and Nutrition	Autumn	<ul style="list-style-type: none"> • Knowledge of the components of a balanced diet • be able to apply practical examples from physical activity and sport to diet 	<ul style="list-style-type: none"> • Paper 2 Socio-cultural issues and sports psychology- Section C questions; multiple choice questions, 2 and 3 marks questions. Section B questions; 4 and 5 mark questions. 6 mark questions. 	End of Unit Test on Heath, Well-being and Diet	Link to discussions within practical Fitness lessons in Y7 and 8.
The Structure and Function of the Skeletal System	Autumn	<ul style="list-style-type: none"> • Name and locate the major bones • Functions of the skeleton and understand how to apply to practical situations 	<ul style="list-style-type: none"> • Paper 1 Physical Factors affecting performance paper - Section A questions; multiple choice questions, 2 and 3 marks questions. 	End of Unit Test on Skeletal system and Joints.	Link with experience of movement in practical lessons



		<ul style="list-style-type: none"> • Know and understand the movement at hinge and ball and socket joints • Understand the role of ligaments tendons and cartilage 	Section B questions; 4 and 5 mark questions. 6 mark questions.		
The Structure and Function of the Muscular System	Autumn	<ul style="list-style-type: none"> • Name and locate the major muscle groups • Understanding of antagonistic muscle action • Apply to practical sporting situations 	<ul style="list-style-type: none"> • 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. Link to practical activities. 	Complete Movement Analysis section of AEP coursework.	Link with experience of movement in practical lessons
Movement Analysis – Levers	Spring	<ul style="list-style-type: none"> • Know the three classes of lever and apply their use to practical activities 	<ul style="list-style-type: none"> • 		
Movement Analysis – Planes and Axes	Spring	<ul style="list-style-type: none"> • know the location of the planes of movement in the body and their application to physical activity and sport: <ul style="list-style-type: none"> • frontal 	<ul style="list-style-type: none"> • Be able to give specific examples of practical activities 	End of Unit Test on Muscular System and Movement Analysis	Link with skills learnt in practical lessons e.g. planes and axis in gymnastic skills



		<ul style="list-style-type: none"> • transverse • sagittal • know the location of the axes of rotation in the body and their application to physical activity and sport: <ul style="list-style-type: none"> • frontal • transverse • longitudinal 			
The Structure and Function of the Cardiovascular System	Spring	<ul style="list-style-type: none"> • Understanding of the double circulatory system • Know the different type of blood vessels • Understand the pathway of blood through the heart • Know what is meant by heart rate, stroke volume and cardiac output 	<ul style="list-style-type: none"> • 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. 	End of Unit Test on Cardiovascular System	Refer to experience from practical fitness lessons at KS3 - what happens to heart rate?
The Structure and Function of the Respiratory System	Spring	<ul style="list-style-type: none"> • Understanding of the pathway of air through the respiratory system • Understanding of the role of respiratory muscles 	<ul style="list-style-type: none"> • 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 	End of Unit Test on Respiratory System	link to experience from practical fitness lessons at KS3 - what happens to breathing?



			questions. 6 mark questions.		
Aerobic and Anaerobic Exercise	Spring	<ul style="list-style-type: none"> Understanding of the terms aerobic and anaerobic and apply them to various sporting situations 	<ul style="list-style-type: none"> Application of practical activities to access higher marks. 		Link with different activities and skills covered at KS3 - are they aerobic or anaerobic?
Effects of exercise on body system	Summer	<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. <p>Develop ability to apply understanding of the short and long-term effects to a range of different sporting examples.</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.		Prior knowledge – exploring the body systems (skeletal system, muscular system, cardiovascular system, respiratory system) taught in year 9.
Components of Fitness	Summer	<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 	<ul style="list-style-type: none"> Section 1 AEP – Evaluation of Performance <p>Paper 1 Physical Factors affecting performance paper - Section A questions; multiple</p>	Theory through practical opportunity – teaching the theory behind each component of fitness whilst pupils partake in fitness tests.	Prior knowledge – KS3 fitness lessons allow a basic understanding of the components of fitness



		<ul style="list-style-type: none"> - 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>choice questions, 2 and 3 marks questions. Section B questions; 4 and 5 mark questions. 6 mark questions.</p>		
Principles of Training	Summer	<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 	<ul style="list-style-type: none"> ● Section 4 AEP – Action Plan ● Paper 1 Physical Factors affecting performance paper - Section A questions; multiple choice questions, 2 and 3 		



		<ul style="list-style-type: none"> • Develop ability to define each principle and be able to link and apply each one to a personal AEP action plan and training programmes. 	marks questions. Section B questions; 4 and 5 mark questions. 6 mark questions.		
Optimising Training	Summer	<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"> - Continuous - Fartlek - Interval - Circuit - Weight - Plyometrics - HIIT • Develop 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 	<ul style="list-style-type: none"> • Section 4 AEP – Action Plan • 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>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>Prior knowledge – 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>



		importance of completing them.			
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