



Topic Name	Term	Skills Developed	Next link in curriculum	Other Notes	Links to Prior Learning
Health, Fitness and Well-being	Autumn	- 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	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	- Knowledge of the components of a balanced diet - be able to apply practical examples from physical activity and sport to diet	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	- Name and locate the major bones - Functions of the skeleton and understand how to apply to practical situations	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



		• 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	• Name and locate the major muscle groups • Understanding of antagonistic muscle action • Apply to practical sporting situations	• 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. End of unit test on muscular system	Link with experience of movement in practical lessons
The Structure and Function of the Cardiovascular System	Autumn	• 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	• 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 Theory through practical teaching	Refer to experience from practical fitness lessons at KS3 - what happens to heart rate?



The Structure and Function of the Respiratory System	Spring	- Understanding of the pathway of air through the respiratory system - Understanding of the role of respiratory muscles	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 Respiratory System	link to experience from practical fitness lessons at KS3 - what happens to breathing?
Aerobic and Anaerobic Exercise	Spring	Understanding of the terms aerobic and anaerobic and apply them to various sporting situations	Application of practical activities to access higher marks.		Link with different activities and skills covered at KS3 - are they aerobic or anaerobic?
Components of Fitness	Spring	- Performance in fitness tests to gather results which will be used in section 1 of the AEP coursework: 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	Section 1 AEP Evaluation of Performance Section 2 - Analysis 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.	Theory through practical opportunity – teaching the theory behind each component of fitness whilst pupils partake in fitness tests. Evaluation AEP coursework	Prior knowledge – KS3 fitness lessons allow a basic understanding of the components of fitness



		- 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.			
Movement Analysis – Levers	Spring	Know the three classes of lever and apply their use to practical activities			
Movement Analysis – Planes and Axes	Spring	• know the location of the planes of movement in the body and their application to physical activity and sport: • frontal • transverse • sagittal	• 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



		• know the location of the axes of rotation in the body and their application to physical activity and sport: • frontal • transverse • longitudinal			
Guidance and Feedback	Summer	• Understand different types of guidance, and their advantages and disadvantages - Manual - Mechanical - Verbal - Visual • Apply practical examples • Understand different types of feedback - Intrinsic - Extrinsic - Knowledge of Performance - Knowledge of Results - Positive - Negative - Apply practical examples	Can link to engagement patterns as receiving guidance and feedback in different ways can help to motivate performers and help them stick to training / perseverance in sport		Links back to previous topic of mental preparation, as guidance and feedback can be used to allow performers to improve their technique and focus using mental preparation techniques



Prevention of Injury	Summer	• Develop knowledge and understanding of how to prevent injury when participating in sport • Know 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.	• 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.		Prior knowledge – 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.
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