

Y11

Topics taught (green)

Paper 1 The human body and movement in PA and sport	Paper 2 Socio-cultural influences and well-being in PA and sport
<p><u>Chapter 1- Applied anatomy and physiology</u></p> <p>3.1.1.1- The structure and functions of the musculoskeletal system</p> <p>3.1.1.3- Anaerobic and aerobic exercise</p> <p>3.1.1.2- The structure and functions of the cardio-respiratory system</p> <p>3.1.1.4- Short and long term effects of exercise</p> <p><u>Chapter 2- Movement analysis</u></p> <p>3.1.2.1 -Lever systems</p> <p>3.1.2.2- Planes and axes</p> <p><u>Chapter 3- Physical training</u></p> <p>3.1.3.1- Relationship between health and fitness</p> <p>3.1.3.2 The components of fitness, benefits for sport and how fitness is measured and improved</p> <p>3.1.3.3 – The principles of training and their application to personal exercise/training programmes</p> <p>3.1.3.4 How to optimise training and prevent injury</p> <p>3.1.3.5- Effect use of warm up and cool down</p>	<p><u>Chapter 5- Sport psychology</u></p> <p>3.2.1.1- Classification of skills</p> <p>3.2.1.2- Goal setting</p> <p>3.2.1.3- Basic information processing</p> <p>3.2.1.4- Guidance and feedback</p> <p>3.2.1.5- Mental preparation for performance (arousal, stress management, aggression, motivation)</p> <p><u>Chapter 6- Socio-cultural influences</u></p> <p>3.2.2.1- Engagement patterns of different social groups in PA and sport</p> <p>3.2.2.2- Commercialisation of PA and sport</p> <p>3.2.2.3- Ethical and socio-cultural issues in PA and sport</p> <p><u>Chapter 7- Health, fitness and wellbeing</u></p> <p>3.2.3.1 -Physical, emotional and social health, fitness and wellbeing</p> <p>3.2.3.2- Consequences of a sedentary lifestyle</p> <p>3.2.3.3 - Energy use, diet, nutrition and hydration</p>
<p><u>Chapter 4- Use of data (can be on both/either paper)</u></p> <p>3.1.4.1 Demonstrate an understanding of how data are collected – both qualitative and quantitative</p> <p>3.1.4.2 Present data (including tables and graphs)</p> <p>3.1.4.3 Analyse and evaluate data</p>	

Topic order of delivery

	Double lesson- theory	Single lesson
Autumn 1	Applied anatomy and physiology	Trampolining
Autumn 2	Applied anatomy and physiology Coursework	Badminton/table tennis
Spring 1	Movement analysis Socio-cultural influences	Coursework – completing corrections/improvements If finished early- rugby
Spring 2	Socio cultural influences	Practical moderation prep
Summer 1	Revision	Revision

Theory lessons

Add in mock exam dates and command word/AO focus

Term	Week	Date	Topic	Content taught
Autumn 1	1	w/c 2 nd Sep		INSET
	2	w/c 9 th Sep	Applied anatomy and physiology	<ul style="list-style-type: none"> • Identification of bones • Structure of the skeleton • Functions of the skeleton
	3	w/c 16 th Sep	Applied anatomy and physiology	<ul style="list-style-type: none"> • Types of freely movable joints • Structure of a synovial joint
	4	w/c 23 rd Sep	Applied anatomy and physiology	<ul style="list-style-type: none"> • Joint action/movements (how joints differ in design to allow certain types of movement at a joint) <ul style="list-style-type: none"> - plantarflexion, dorsiflexion, flexion, extension, abduction, adduction, rotation, circumduction - which joints (elbow, knee, hip, ankle, shoulder) do which joint actions • Muscles of the body- identify location
	5	w/c 30 th Sep	Applied anatomy and physiology	<ul style="list-style-type: none"> • Agonist and antagonist muscle for each joint action (how the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints) • Different types of muscle contraction • Analysis of basic movements in sporting examples (pg 17 of spec)
	6	w/c 7 th Oct	Applied anatomy and physiology	<ul style="list-style-type: none"> • Anaerobic and aerobic exercise <ul style="list-style-type: none"> - Definitions - Equations - Practical examples - Link to training types • EPOC
	7	w/c 14 th Oct	Applied anatomy and physiology	<ul style="list-style-type: none"> • Recovery process from vigorous exercise • Immediate, short and long term effects of exercise
	8	w/c 21 st Oct	Applied anatomy and physiology	<ul style="list-style-type: none"> • Structure of the heart • Cardiac cycle and pathway of blood
OCT HALF TERM				
Autumn 2	1	w/c 4 th Nov	Applied anatomy and physiology	<ul style="list-style-type: none"> • Blood vessels • Cardiac output, stroke volume and heart rate
	2	w/c 11 th Nov	Applied anatomy and physiology	<ul style="list-style-type: none"> • Pathway of air • Gaseous exchange
	3	w/c 18 th Nov	Applied anatomy and physiology	<ul style="list-style-type: none"> • Mechanics of breathing • Spirometer trace
	4	w/c 25 th Nov	Coursework	<ul style="list-style-type: none"> • Analysis improvements • Evaluation
	5	w/c 2 nd Dec	Coursework	<ul style="list-style-type: none"> • Analysis improvements • Evaluation
	6	w/c 9 th Dec	Coursework	<ul style="list-style-type: none"> • Analysis improvements • Evaluation
	7	w/c 16 th Dec	Coursework	<ul style="list-style-type: none"> • Analysis improvements • Evaluation
CHRISTMAS				
Coursework- completed full first draft handed in (analysis and evaluation) and marked over Christmas Coursework- marked coursework returned at start of Spring 1				
	1	w/c 6 th Jan	Movement analysis	<ul style="list-style-type: none"> • Levers

Spring 1				<ul style="list-style-type: none"> • Mechanical advantage
	2	w/c 13 th Jan	Movement analysis	<ul style="list-style-type: none"> • Use of data- qualitative and quantitative data and methods for collection • Planes and axes
	3	w/c 20 th Jan	Socio-cultural influences	<ul style="list-style-type: none"> • Engagement patterns of different social groups and the factors affecting participation - Gender - Family/friends/peers - Race/religion/culture
	4	w/c 27 th Jan	Socio-cultural influences	<ul style="list-style-type: none"> • Engagement patterns of different social groups and the factors affecting participation - Disability - Age
	5	w/c 3 rd Feb	Socio-cultural influences	<ul style="list-style-type: none"> • Commercialisation of physical activity and sport - Commercialisation- definition - Relationship between sport, sponsorship and the media (golden triangle)
	6	w/c 10 th Feb	Socio-cultural influences	<ul style="list-style-type: none"> • Commercialisation of physical activity and sport - Types of sponsorship and the media

FEB HALF TERM

Coursework- should all be complete and handed to KAL for final marking before Feb HT
 Practical- final practical marks for each student completed on spreadsheet

Spring 2	1	w/c 24 th Feb	Socio-cultural influences	<ul style="list-style-type: none"> • Commercialisation of physical activity and sport - Positive and negative impacts of sponsorship and the media on performer, sport, official, audience/spectator, sponsor/company
	2	w/c 3 rd Mar	Socio-cultural influences	<ul style="list-style-type: none"> • Commercialisation of physical activity and sport - Positive and negative impacts of technology on performer, sport, official, audience/spectator, sponsor/company
	3	w/c 10 th Mar	Socio-cultural influences	<ul style="list-style-type: none"> • Ethical and socio-cultural issues - Conduct of performers - General advantages and disadvantages for a performer taking PEDS (success, fame, wealth, cheating, fines, bans etc) - Disadvantages to the sport/event of a performer taking PEDS (reputation and credibility)
	4	w/c 17 th Mar	Socio-cultural influences	<ul style="list-style-type: none"> • Ethical and socio-cultural issues - PEDS part 1 - Name, positive effect, athlete that would use it, negative side effect for the following: - Stimulants, narcotic analgesics, anabolic agents, peptide hormone
	5	w/c 24 th Mar	Socio-cultural influences	<ul style="list-style-type: none"> • Ethical and socio-cultural issues - PEDS part 2 - Name, positive effect, athlete that would use it, negative side effect for the following: - Diuretics, beta blockers, blood doping
	6	w/c 31 st Mar	Socio-cultural influences	<ul style="list-style-type: none"> • Ethical and socio-cultural issues - Spectator behaviour - Reasons why hooliganism occurs - Strategies employed to combat hooliganism/spectator behaviour

EASTER

	1	w/c 21 st Apr	Revision	<ul style="list-style-type: none"> •
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Summer 1	2	w/c 28 th Apr	Revision	•
	3	w/c 5 th May	Revision	•
	4	w/c 12 th May	Revision	•
	5	w/c 19 th May	Revision	•
HALF TERM				

Coursework deadlines

- By Christmas all coursework finished / first draft handed in to KAL
- KAL takes in entire coursework, and provides any final feedback and improvements for students over Christmas holidays
- Students receive marked coursework with improvements at start of Spring HT 1
- Students use their single lesson in Spring HT1 to complete improvements. If students don't need entire half term, then use remaining lessons for rugby
- Final submission of complete and improved coursework is end of Spring HT 1
- KAL to take in and grade over Feb HT
- KAL to complete spreadsheet for practical marks for each student completed by Feb HT
- In Spring HT 2, department moderation of the coursework and practical grades awarded by KAL