

Y10

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 part 1</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><u>Chapter 1- Applied anatomy and physiology part 2</u></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- practical
Autumn 1	Physical training	Physical training- all
Autumn 2	Physical training Anatomy and physiology part 1	Netball girls Rugby- boys
Spring 1	Anatomy and physiology part 1 Coursework- analysis	football- boys rugby and trampolining- girls
Spring 2	Coursework- analysis Sports psychology	Football- girls Table tennis/badminton and trampolining -boys
Summer 1	Sports psychology	Athletics
Summer 2	Coursework- evaluation	Athletics and coursework

Add in mock exam dates

Add in command word/ao focus

Theory lessons

Term	Week	Date	Topic	Content taught
Autumn 1	1	w/c 2 nd Sep		INSET
	2	w/c 9 th Sep	Physical training	<ul style="list-style-type: none"> • The relationship between health and fitness and the role that exercise plays in both • COF and their fitness test <ul style="list-style-type: none"> - Cardiovascular endurance - Agility - Power
	3	w/c 16 th Sep	Physical training	<ul style="list-style-type: none"> • COF and their fitness test <ul style="list-style-type: none"> - Muscular endurance - Reaction time - Flexibility
	4	w/c 23 rd Sep	Physical training	<ul style="list-style-type: none"> • COF and their fitness test <ul style="list-style-type: none"> - Speed - Balance - Coordination
	5	w/c 30 th Sep	Physical training	<ul style="list-style-type: none"> • COF and their fitness test <ul style="list-style-type: none"> - Strength (4 types) • Reasons for and limitations of fitness testing • Demonstration of how data is collected for fitness testing
	6	w/c 7 th Oct	Physical training	<ul style="list-style-type: none"> • The principles of training and overload • Applications of principles of training • Calculating intensities to optimise training effectiveness
	7	w/c 14 th Oct	Physical training	<ul style="list-style-type: none"> • Altitude training
	8	w/c 21 st Oct	Physical training	<ul style="list-style-type: none"> • Types of training 1 <ul style="list-style-type: none"> - Circuit - Continuous - Fartlek - Interval
OCT HALF TERM				
Autumn 2	1	w/c 4 th Nov	Physical training	<ul style="list-style-type: none"> • Types of training 2 <ul style="list-style-type: none"> - Weight - Stretching - Plyometrics
	2	w/c 11 th Nov	Physical training	<ul style="list-style-type: none"> • Warm up and cool down • Training seasons • Injury prevention
	3	w/c 18 th Nov	Physical training	<ul style="list-style-type: none"> • Identification of bones • Structure of the skeleton • Functions of the skeleton
	4	w/c 25 th Nov	Applied anatomy and physiology part 1	<ul style="list-style-type: none"> • Types of freely movable joints • Structure of a synovial joint

	5	w/c 2 nd Dec	Applied anatomy and physiology part 1	<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 <ul style="list-style-type: none"> Muscles of the body- identify location
	6	w/c 9 th Dec	Applied anatomy and physiology part 1	<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)
	7	w/c 16 th Dec	Applied anatomy and physiology part 1	<ul style="list-style-type: none"> Anaerobic and aerobic exercise- definitions EPOC and recovery Recovery process from vigorous exercise
CHRISTMAS				
Spring 1	1	w/c 6 th Jan	Revision for mock	<ul style="list-style-type: none"> Revision of everything covered so far from Physical training and anatomy and physiology part 1
	2	w/c 13 th Jan	MOCK exam week	
	3	w/c 20 th Jan	Mock exam week / Coursework	<ul style="list-style-type: none"> Analysis <ul style="list-style-type: none"> COF strength and weakness
	4	w/c 27 th Jan	Coursework	<ul style="list-style-type: none"> Analysis <ul style="list-style-type: none"> COF strength and weakness
	5	w/c 3 rd Feb	Coursework	<ul style="list-style-type: none"> Analysis <ul style="list-style-type: none"> COF strength and weakness
	6	w/c 10 th Feb	Coursework	<ul style="list-style-type: none"> Analysis <ul style="list-style-type: none"> COF strength and weakness
FEB HALF TERM				
Coursework COF strength and weakness finished				
Spring 2	1	w/c 24 th Feb	Coursework	<ul style="list-style-type: none"> Analysis <ul style="list-style-type: none"> Skill strength and weakness
	2	w/c 3 rd Mar	Coursework	<ul style="list-style-type: none"> Analysis <ul style="list-style-type: none"> Skill strength and weakness
	3	w/c 10 th Mar	Coursework	<ul style="list-style-type: none"> Analysis <ul style="list-style-type: none"> Skill strength and weakness
	4	w/c 17 th Mar	Coursework	<ul style="list-style-type: none"> Analysis <ul style="list-style-type: none"> Skill strength and weakness
	5	w/c 24 th Mar	Sport psychology	<ul style="list-style-type: none"> Skill and ability definitions <ul style="list-style-type: none"> Classification of Skills
	6	w/c 31 st Mar	Sport psychology	<ul style="list-style-type: none"> Types of goal <ul style="list-style-type: none"> SMART targets
EASTER				
Coursework skill strength and weakness finished				
Summer 1	1	w/c 21 st Apr	Sport psychology	<ul style="list-style-type: none"> Basic information processing
	2	w/c 28 th Apr	Sport psychology	<ul style="list-style-type: none"> Guidance
	3	w/c 5 th May	Sport psychology	<ul style="list-style-type: none"> Feedback
	4	w/c 12 th May	Sport psychology	<ul style="list-style-type: none"> Arousal and inverted U theory Controlling arousal
	5	w/c 19 th May	Sport psychology	<ul style="list-style-type: none"> Aggression Personality types

				• Motivation
HALF TERM				
Coursework- analysis first draft (COF and skill strength and weakness) marked by teacher				
Summer 2	1	w/c 2 nd Jun	Coursework	• Analysis improvements
	2	w/c 9 th Jun	Coursework	• Analysis improvements
	3	w/c 16 th Jun	Coursework	• Evaluation - COF training type
	4	w/c 23 rd Jun	Coursework	• Evaluation - COF training type
	5	w/c 30 th Jun	Coursework	• Evaluation - COF training type
	6	w/c 7 th Jul	Coursework	• Evaluation - skill corrective method
	7	w/c 14 th Jul	Coursework	• Evaluation - Skill corrective method
SUMMER				
Coursework- should be all complete by end of the year.				
Coursework- evaluation first draft (COF and skill training type and corrective method) marked by teacher				

Coursework deadlines

- By Feb HT- COF strength and weakness first draft finished
- By Easter- skill strength and weakness first draft finished
- Teacher marks analysis first draft (COF and skill, strength and weakness) to provide feedback and improvements for students. Students receive marked version at start of Summer 2
- By end of year all coursework finished (analysis should have been improved from teacher feedback)
- Teacher takes in entire coursework, marks and provides any final feedback
- Students receive final improvements at the start of Y11
- 2 lessons at start of HT1 in Y11 for students to work on their improvements.
- Anything they have left to do after those 2 lessons will have to be done in own time or in afterschool coursework club
- Final submission of complete and improved coursework is Oct HT of Y11
- By finishing early in Y11, gives plenty of time for teachers to assess, moderate and submit final mark

Topics left to cover in Y11

HT 1

- Coursework corrections (2 lessons)- anything not finished has to be done afterschool. Has to be done by Oct HT
- Health, fitness and well-being- 5 lessons

HT 2

- Applied anatomy and physiology part 2 (5 lessons)
- Use of data (1 lesson)

HT 3

- Movement analysis- 2 lessons
- Start socio-cultural influences- 10 lessons

HT 4

- Finish socio-cultural influences- 10 lessons

HT5

- Revision

TERM DATES 2024/2025					INSET & MEETINGS 2024/2025
	Start	Finish	Half Term		
Autumn	Wed 04 Sept 2024	Fri 20 Dec 2024	Mon 28 Oct 2024	Fri 01 Nov 2024	Mon 02 Sept 2024, Tue 03 Sept 2024, Mon 06 Jan 2025 + 20 hours disaggregated
Spring	Tue 07 Jan 2025	Fri 04 April 2025	Mon 17 Feb 2025	Fri 21 Feb 2025	SLT MEETINGS
Summer	Tue 22 Apr 2025	Fri 18 Jul 2025	Mon 26 May 2025	Fri 30 May 2025	Thursday each week 15.15. Agenda items to DWT before 15.00 Wednesday.
Good Friday 18 April / Easter Monday 21 April / May Bank Holiday 05 May					

GENERAL INFORMATION

*Staff briefings in Ellen Theatre.

*Year 12 Open Day will be conducted on 26th January

* All vocational subjects to have had their moderation by the end of March in the courses final year of assessment. (tbc)

*All coursework to be completed March (including any student record forms signed). (tbc)