



Key Learning Constructs to be developed over the academic year. – Core Knowledge	Scheme of Learning Autumn Term	Scheme of Learning Spring Term	Scheme of Learning Summer Term
<p>Paper 1: The human body and movement in physical activity and sport</p> <p>What's assessed:</p> <p>Applied anatomy and physiology Movement analysis Physical training Use of data</p> <p>Paper 2: Socio-cultural influences and well-being in physical activity and sport</p> <p>What's assessed:</p> <p>Sports psychology Socio-cultural influences Health, fitness and well-being Use of data</p> <p>Non-exam assessment: Practical performance in physical activity and sport</p> <p>What's assessed:</p> <p>Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity). Analysis and evaluation of performance to bring about improvement in one activity.</p>	<p>Part 1</p> <p>Applied Anatomy & Physiology</p> <p>Cardiorespiratory System</p> <p>Practical Sports – Individual & Team</p> <p>First Aid – Bone, Muscle & Joint injuries</p> <p>Part 2</p> <p>Anaerobic & Aerobic Respiration</p> <p>Components of Fitness</p> <p>Practical Sports – Individual & Team</p> <p>Mock Exam Preparation</p> <p>Using CGP Revision Guides and local area PPT notes -Extensive exam technique practise using Exampro resources</p>	<p>Part 3</p> <p>Fitness Testing</p> <p>Use of Data</p> <p>NEA Start</p> <p>Preventing Injury / Warm up – Cool Down</p> <p>Seasonal Aspects</p> <p>Practical Sports – Individual & Team</p> <p>First Aid – Chest Pain</p> <p>Part 4</p> <p>Principles of Training</p> <p>Training Types</p> <p>NEA Continuation</p> <p>Practical Sports – Individual & Team</p>	<p>Part 5</p> <p>Socio-Cultural Influences</p> <p>Ethical Issues</p> <p>Exam Questioning</p> <p>NEA</p> <p>Practical Sports – Individual & Team</p> <p>Part 6</p> <p>Exam Questioning</p> <p>Applied Anatomy & Physiology</p> <p>NEA</p> <p>Practical Sports – Individual & Team</p>
Hinterland Knowledge	Gender specific roles in sport Just a game Mental Toughness	Equality Americanisation of sport	Data / Statistics Cheating or gaining an advantage?
Assessment: -Formative Techniques	Assessment of practical sports		
-Summative Pieces	Topic tests at the end of each subtopic	Topic tests at the end of each subtopic Mock Tests (Paper 1 & 2)	Topic tests at the end of each subtopic

Key Vocabulary	The skeleton Muscles Origin Insertion Agility Balance Coordination Reaction Time Timing	Principles of Training – Reversibility, Tedium, Continuous Training, Interval Training, Circuit Training, weight training Maximum Heart Rate Anaerobic Training Zone Aerobic Target Zone Training Threshold	Social and Cultural Etiquette Role Models Social Pressure and Support Peers Family Gender Professional Amateur Media Sponsorship Competition
Key Skills	Provides students with analytical skills enabling them to critique training methods and practices in relation to different sports and physical activities. Provides students with powerful ways of analysing, explaining and understanding trends and patterns in data and using this to improve performance.	Enables students to follow and participate in debates in current sporting issues taking place nationally and globally. Allows students to assess and evaluate their own and others work and develop plans to enhance performance and review progress.	Students will gain a social awareness of the importance of working with students with a variety of different ability levels and enhance their leadership abilities through activities taught. Sportsperson ship should be visible in all lessons with students abiding by rules being humble in victory and gracious in defeat.
Opportunities Outside the taught Curriculum.	Ski Trip Football / Netball Trip Sports Clubs Local Fixtures	Visits to sports stadiums Invites to join local clubs (cricket, rugby and football) Duke of Edinburgh	Schools F.A Cup Sports Leaders Gym & Dance Event