



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>Movement Analysis</p> <p>Goal Setting</p> <p>Guidance & Feedback</p> <p>Skill / Ability & Classification of Skills</p> <p>Practical Sports – Individual & Team</p> <p>Exam Questioning</p> <p>Part 2</p> <p>Aggression & Personality</p> <p>Arousal & Stress</p> <p>Information Processing</p> <p>NEA</p> <p>Exam Questioning</p>	<p>Part 3</p> <p>Practical Sports – Individual & Team</p> <p>NEA</p> <p>Consequences of a sedentary lifestyle</p> <p>Energy use, diet, and nutrition</p> <p>Lining participation to physical exercise</p> <p>First Aid – Choking</p> <p>Part 4</p> <p>NEA Competition</p> <p>Practical Sports Completion (Moderation)</p>	<p>Part 5</p> <p>Exam Preparation -Using CGP Revision Guides and local area PPT notes -Extensive exam technique practise using Exampro resources</p> <p>Part 6</p> <p>Final Moderation & Administration</p>
Hinterland Knowledge	<p>Sports Competitions</p> <p>Effects of exercise</p> <p>Drugs in Sport</p>	<p>Hooliganism</p> <p>Poor lifestyle choices</p> <p>Go-hard or go-home?</p>	<p>Man / Woman Management skills</p> <p>Character building</p> <p>Female sports stars</p>
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	Topic tests at the end of each subtopic Exam Preparation Mini-assessment

Key Vocabulary	Demands of performance. Stress Fatigue Arousal Warm Up Cool Down Injury Health and Safety	Aerobic Respiration Anaerobic Respiration Leisure and Recreation Age Gender Body Type Environment Resources Activity levels Training	Apply Analyse Compare Justify Identify Explain Example Reasoning
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