

**KEY** Movement analysis Physical Training Socio-cultural influences Cross curricular  
 Applied anatomy and physiology Health, fitness and wellbeing Sport psychology

**YR10**

**Y10 UNIT 1**  
**The structure and functions of the Musculo-skeletal system**

**How does the Musculo-skeletal system all our bodies to move?**  
 How many different types of bones are there?  
 Why do we have different types of joints?  
 Why do we have different muscle fibre types?  
 How do the muscular and skeletal systems work together?

**Y10 UNIT 2**  
**Lever systems, examples of their use in activity and the mechanical advantage they provide in movement**  
**Planes and axes of movement**

**How do movements occur?**  
 What are levers and how do they work?  
 What are planes of motion?  
 What are axes?  
 How does the body move in the planes and around the axes?

**Y10 UNIT 4**  
**Anaerobic and aerobic exercise**

**How do the energy systems work?**  
 How does the body make energy using oxygen?  
 How does the body make energy without using oxygen?  
 What is the difference between an aerobic and anaerobic activity?  
 How does the diet effect the production of energy?

**Y10 UNIT 3**  
**The structure and functions of the cardio-respiratory system**

**How does the body deliver oxygen to the working muscles?**  
 What makes up the cardiovascular system?  
 How does the cardiovascular system work?  
 What makes up the respiratory system?  
 How does the respiratory system work?  
 How do the cardiovascular and respiratory systems work together?

**Y10 UNIT 5**  
**Effective use of warm up and cool down**

**How do we prepare the body for exercise?**  
 What is the purpose of a warm?  
 What is the importance of each phase of the warm up?  
 What is the purpose of a cool down?

**Y10 UNIT 6**  
**The short-term effects of exercise**

**How does the body respond to a single exercise session?**  
 What happens to your muscles when you exercise?  
 What changes does the cardio-respiratory system make to allow you to exercise?

**Y10 UNIT 7**  
**The components of fitness, benefits for sport and how fitness is measured**

**How does fitness affect our sporting performance?**  
 What are the components of fitness and how do they effect different activities?  
 How do you test and measure fitness?

**YR11**

**Y11 UNIT 1**  
**The use of goal setting and SMART targets to improve and/or optimise performance**

**How do SMART targets optimise performance?**  
 What do we mean by the term SMART?  
 How does a SMART target increase motivation?  
 How does motivation impact performance?

**Y11 UNIT 2**  
**The long-term effects of exercise**

**How does the body adapt to a training programme?**  
 What changes happen to your muscles when you exercise regularly?  
 What happens to your bones if you exercise regularly?  
 What changes does the cardio-respiratory system make when you exercise regularly?

**Y11 UNIT 4**  
**The principles of training and their application to personal exercise/ training programmes**

**What needs to be considered when training for sport and exercise?**  
 What are the principles of training?  
 How do you measure intensity?  
 What needs to be considered when planning and exercise session and programme?

**Y11 UNIT 3**  
**The relationship between health and fitness and the role that exercise plays in both**

**How does exercise affect health and fitness?**  
 How is health defined?  
 How is fitness defined?  
 How do health and fitness affect each other?

**Y11 UNIT 5**  
**The components of fitness, benefits for sport and how fitness is improved**

**How does fitness affect our sporting performance?**  
 How do you train different components of fitness?

**Y11 UNIT 6**  
**Use of Data**

**How is data used in sport and exercise?**  
 How do I monitor HR?  
 How do I monitor BP?  
 How do I interpret statistical data and graphs?

**Y11 UNIT 7**  
**Planning and Completion**

**How do I improve my own fitness for a specific sport?**  
 What key information from components 1 and 2 needs to be included in my PEP?

**Y11 UNIT 10**  
**Evaluation and Analysis**

**How do I evaluate my training programme?**  
 How do I complete my PEP?  
 How do I get the best mark possible?

**Y11 UNIT 9**  
**How to optimise training and prevent injury**

**Why would someone choose to use PEDs?**  
 What are PEDs?  
 What are the advantages and disadvantages of using PEDs?

**Y11 UNIT 8**  
**How to optimise training and prevent injury**

**How do we prevent injuries?**  
 What is the purpose of a PAR-Q?  
 How are injuries prevented?  
 Why is it important that training is individual?  
 If an injury does occur, how would it be treated?

**Y11 UNIT 11**  
**Physical, emotional and social health, fitness and wellbeing**

**How does health and well-being apply to physical activity?**  
 What is physical, emotional and social health?  
 What do we mean by fitness and well-being?  
 How does sport develop health and well-being?

**Y11 UNIT 12**  
**The consequences of a sedentary lifestyle**

**How does lifestyle affect health and well-being?**  
 What are the consequences of a sedentary lifestyle?

**Y11 UNIT 13**  
**Energy use, diet, nutrition and hydration**

**How does diet affect my sports performance?**  
 What is considered a healthy diet?  
 What adaptations need to be made to a healthy diet for optimum performance in a given sport?

**Y11 UNIT 14**  
**Engagement patterns of different social groups in physical activity and sport**

**What influences my sporting decisions?**  
 How does my social group affect my participation in sport?

**Y11 UNIT 16**  
**Commercialisation of physical activity and sport**

**What effect does commercialisation have on sport?**  
 What commercialisation exists in physical activity and sport?  
 How does this affect participation?

**Y11 UNIT 15**  
**Ethical and socio-cultural issues in physical activity and sport**

**What socio-cultural issues affect sports participation?**  
 How should I behave when playing sport?  
 What are the consequences of deviance?

**Y11 UNIT 19**  
**Mental preparation for performance**

**How does my mental preparation affect my performance?**  
 Why is a warm up psychologically important?  
 How do I use mental rehearsal techniques effectively?

**Y11 UNIT 17**  
**Classification of skills (basic/ complex, open/closed)**

**How are skills classified?**  
 How do different skills affect my training?  
 What is the most appropriate form of practice in my chosen sport?

**Y11 UNIT 18**  
**Guidance and feedback on performance**

**How does feedback and further preparation improve my performance?**  
 Who provides feedback on a performance?  
 How can guidance and feedback be given?  
 How does mental preparation help performance?  
 How can psychological factors impact performance negatively?

**Y11 UNIT 20**

**Use of Data**

**How is data used in sport and exercise?**  
 How can I use data to analyse sporting performance and participation in physical activity?  
 How do I interpret statistical data and graphs?

**KS5**