

Vision summary/ Curriculum intent:

Week	Unit	Year 9	Assessment	Homework		Year 10	Assessments	Homework	Unit	Year 11	Assessments	Homework
1	Paper 2 - Health & Performance	Physical Health - Definitions of fitness, health,		P82/83 P31/32	Paper 1 - Fitness & Body Systems	First, second and third class levers		PP27/28	PEP - Practical/Theory (computer room)	PEP Practical /Write up		
2		Emotional Health		P84		Mechanical advantage and disadvantage				PEP Practical /Write up		
3		Social Health		P85		The purpose and importance of warm-ups and cool downs		P78/79		PEP Practical /Write up		
4		Impact of fitness on well-being				Phases of a warm-up and their significance		Revision		PEP Practical /Write up		
5		How to promote personal health				Activities included in warm-ups and cool downs	End of Unit Test - PA/SA	Revision		PEP Practical /Write up		
6		Lifestyle choices		P86/87		Components of fitness and the relative importance		P33-40		PEP Practical /Write up		
7		Positive and negative impact of lifestyle choices on health, fitness and well-being,				Fitness tests: the value of fitness testing				PEP Practical /Write up		
October												
8	Paper 2 - Health & Performance	A sedentary lifestyle and its consequence		Revision P88/89	Paper 1 - Fitness & Body Systems	Collection and interpretation of data from fitness test results		P46	Paper 1 - Fitness & Body Systems	The use of a PARQ to assess personal readiness		Revision P41
9		Interpretation and analysis of graphical representation	End of Unit Test - PA/SA	Revision		Fitness tests for specific components of fitness				Injury prevention through:		Revision P65/66
10		The nutritional requirements and ratio of nutrients for a balanced diet				How fitness is improved – see section 3.3.1–3.3.3		P41-45		Injuries that can occur in physical activity and sport:		Revision P67-69
11		The role and importance of macronutrients		P91		Planning training using the principles of training		P47-51		RICE (rest, ice, compression, elevation)		Revision P70
12		The role and importance of micronutrients		P92		Factors to consider when deciding the most appropriate training methods				Performance-enhancing drugs (PEDs)	Mock Exam - Paper 1	Revision P71-77
13		The factors affecting optimum weight		P93		Factors to consider when deciding the most appropriate training methods a		P80 - 9 mark		Performance-enhancing drugs (PEDs)	Mock Exam - Paper 2	Revision
14		The variation in optimum weight		P94		The use of different training methods for specific components of fitness		P52-59				End of Unit Test - PA/SA
Christmas												
15	Paper 2 - Health & Performance	The correct energy balance to maintain a healthy weight		Revision P90	Paper 2 - Health & Performance	The use of goal setting to improve and/or optimise performance		P99/100	Paper 2 - Health & Performance	Classification of a range of sports skills		P95/96
16		Hydration for physical activity and sport:	End of Unit Test - PA/SA	Revision		Principles of SMART targets		Revision P113 - 9 mark		Practice structures: massed, distributed, fixed and variable		P97/98
17	Paper 1 - Fitness & Body Systems	The functions of the skeleton		P1		Setting and reviewing targets	End of Unit Test - PA/SA	Revision		Application of knowledge of practice and skill classification		
18		Classification of bones		P2		Participation rates in physical activity and sports		P105-107 P114 - 9 mark		Types of guidance to optimise performance / Advantages and disadvantages of each type of guidance		P101/102
19		Structure		P3		The relationship between commercialisation, the media and physical activity and sport		P108		Types of feedback		Revision P103
20		Classification of joints		P4		The advantages and disadvantages of commercialisation		P109/110		Mental preparation for performance	End of Unit Test - PA/SA	Revision P104
February												
21	Paper 1 - Fitness & Body Systems	Movement possibilities at joints		Revision P5-7	Paper 2 - Health & Performance	The different types of sporting behaviour		Revision P111/112	Paper 1 - Fitness & Body Systems	Movement patterns using body planes and axes:		
22		The role of ligaments and tendons	End of Unit Test - PA/SA	Revision P8		The different types of sporting behaviour	End of Unit Test - PA/SA	Revision		Movement - sagittal plane/frontal axis, frontal plane/sagittal axis, transverse plane/vertical axis		Revision
23		Classification and characteristics of muscle types			Paper 1 - Fitness & Body Systems	Short-term effects of physical activity and sport on lactate accumulation		P25		Movement - sagittal plane/frontal axis, frontal plane/sagittal axis, transverse plane/vertical axis	End of Unit Test - PA/SA	Revision P29/30
24		Location and role of the voluntary muscular system		P9		Short-term effects of physical activity and sport on heart rate,		P26		Revision 1		Multiple choice P115
25		Antagonistic pairs		P10-13		Short-term effects of physical activity and sport on depth and rate of breathing		P26		Revision 2		Short answer P116
26		Characteristics of fast and slow twitch muscle fibre types		Revision P14		How the respiratory and cardiovascular systems work together		Revision		Revision 3		Use of Data P117
Easter												
27	Body Systems	How the skeletal and muscular systems work together	End of Unit Test - PA/SA	Revision	Body Systems	Interpretation of graphical representations of heart rate, stroke volume	End of Unit Test - PA/SA	Revision		Revision 4		Extended answer P118
28		Functions of the cardiovascular system		P15		Long-term effects of aerobic and anaerobic training and exercise				Revision 5		Extended answer P119
29		Structure of the cardiovascular system		P16		Long-term training effects: able to train for longer and more intensely				Revision 6		Timed test P120-127

30	Paper 1 - Fitness 8	Structure of arteries, capillaries and veins	P17	Paper 1 - Fitness 8	Long-term training effects and benefits: for performance of the muscular-skeletal system	PP6-/61 (P81 - 9 mark)	Revision 7	Timed test P128-133
31		The mechanisms required (vasoconstriction, vasodilation)	Revision P18		Long-term training effects and benefits: for performance of the cardio-respiratory system	Revision P62-64	Revision 8	
32		Function and importance of red and white blood cells, platelets and plasma	End of Unit Test - PA/SA Revision P19		Interpretation of graphical representations of long term data	End of Unit Test - PA/SA Revision	Revision 9	
May				May			May	
33	Paper 1 - Fitness & Body Systems	Composition of inhaled and exhaled air	P20	PEP - Practical/Theory (computer room)	PEP Practical /Write up	Revision		
34		Vital capacity and tidal volume	P21		PEP Practical /Write up	Revision		
35		Location of main components of respiratory system	P22		PEP Practical /Write up	Revision		
36		Structure of alveoli to enable gas exchange	P23		PEP Practical /Write up	Mock Exam		
37		How the cardiovascular and respiratory systems work together			PEP Practical /Write up			
38		Energy: the use of glucose and oxygen to release energy	Revision P24		PEP Practical /Write up			
39		Energy sources	End of Unit Test - PA/SA Revision		PEP Practical /Write up			

Unit/Papers/Key	Weighting
Paper 1 - Fitness & Bod systems	36%
Paper 2 - Health & Performance	24%
Practical Performance	30%
PEP (coursework)	10%

Paper 1 - Fitness & Body Systems
Paper 2 - Health & Performance

Topic 1: Applied anatomy and physiology • Topic 2: Movement analysis • Topic 3: Physical training
Topic 1: Health, fitness and well-being • Topic 2: Sport psychology • Topic 3: Socio-cultural influences

56 (12)
34 (10)

80 lessons