**Bilton School – Planning for progress over time. A2 Level P.E. – Anatomy & Physiology**

**Intent** – Physiological factors affecting performance, focusses on developing the learner's knowledge of the Science behind physical activity. This includes the structure and function of key systems in the human body, the forces that act upon us and the adaptations we make to our bodies through diet and training regimes. Through the study of this component, learners will gain a deeper understanding of the key systems in the body and how they react to changes in diet and exercise.

## IMPLEMENTATION

| Term | Topic | Week | Lesson | Lesson |
|---|---|---|---|---|
| Term 1 | Review of lock down/Energy for Exercise | 31/9/20 | Teacher training | |
| | | 7/9/20 | Review of lock down/baseline ass | |
| | | 14/9/20 | Review of lock down/baseline ass | |
| | | 21/9/20 | DIRT of mocks and approaches to 10/20 mark questions | |
| | | 28/9/20 | From DIRT and feedback recap of cardiovascular system | |
| | | 5/10/20 | From DIRT and feedback recap of adaptations during different types of training | |
| | | 12/10/20 | L1+2 – ATP as energy currency. Principle of energetically coupled Reactions. Breakdown of ATP to ADP. | |
| | | 19/10/20 | L3+4 – ATP – PC system | |
| | | | Holiday- 1 week | |
| Term 2 | Energy for exercise | 2/11/20 | L5+6 – Glycolytic system | |
| | | 9/11/20 | L7+8 – Aerobic System | |
| | | 16/11/20 | Pupils sent home due to case in bubble | L9 – Assessment – Energy sys |
| | | 23/11/20 | L11 - How to structure and answer 20 mark questions | L10 - DIRT |
| | | 30/11/20 | L13 – Predominant energy … | L12 – The energy continuum |
| | | 7/12/20 | MOCKS | MOCKS |
| | | 14/12/20 | L15 – The recovery process EPOC | L14 – Interplay of energy systems during exercise |
| | | | Holiday- 2 weeks | |
| Term 3 | Environmental effects on the body systems/ Injury prevention & rehab | 4/1/21 | L17 – Slow components of EPOC | L16– Fast components of EPOC |
| | | 11/1/21 | L19– Assessment – Energy for exercise | L18 – The recovery process, other factors and implications |
| | | 18/1/21 | L21- Acclimatisation | L20- Exercise at altitude and the effects on body systems |
| | | 25/1/21 | L23– Effects of heat on cardio / resp systems | L22 – Exercise in the heat |
| | | 1/2/21 | L25 - Acute and Conic Injury | L24 – Assessment – Environmental effects on body |
| | | 8/1/21 | L27 - Responding to Injury | L26 - Injury prevention |
| | | | Holiday- 1 week | |
| Term 4 | Biomechanics | 22/2/21 | L29- Rehabilitation through Injury | L28 - Responding to injury Cont. |
| | | 1/3/21 | L31 - Assessment Injury Prevention | L30 - Rehabilitation through Injury cont. |
| | | 8/3/21 | L32 + 33- Linear Motion | |
| | | 15/3/21 | L34 + 35- Angular Motion | |
| | | 22/3/21 | L37 - Projectile motion | L36 - Fluid Mechanics |
| | | 29/3/21 | L38 + 39 - Projectile motion cont. inc Lift and the Bernoulli principle | |
| | | | Holiday- 2 Weeks | |
| | | 19/4/21 | L 39 – Biomechanics Assessment | L38 - Projectile motion cont, … |
| | | 26/4/21 | | |
| | | 3/5/21 | | |
| | | 10/5/21 | | |
| | | 17/5/21 | | |
| | | 24/5/21 | | |
| | | | Holiday- 1 Week | |
| | | 7/6/21 | | |
| | | 14/6/21 | | |
| | | 21/6/21 | | |
| | | 28/6/21 | | |
| | | 5/7/21 | | |
| | | 12/7/21 | | |
| | | 19/7/21 | | |

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| **Progress and Assessment** | |
| **Key Vocabulary/ Literacy** | |
| **Connected Knowledge** *Connectives to ?????? Theme/topic/year group? Cross-curricular themes?* | |
| **Impact** | |