

Plan Of Learning For The Year (Unit/Topic/Project Context)

Half Term 1 - Chapter 1 (Paper 1)

- Structure of skeletal system and function – support, movement, protection.
- Badminton and table tennis practical's
- Structure and function of muscular system
- Structure and function of respiratory system
- Structure and function of cardiovascular system
- Aerobic vs Anaerobic system and training thresholds
- Effects of exercise (immediate, short term, long term) and recovery process.

Half Term 2– Chapter 3 (Paper 1)

- Health and fitness definitions. Components of fitness recap ALL 10 and reasons for fitness testing.
- NEA coursework – analysis of own performance looking at strengths and weaknesses.
- Principles of training (SPORT-FITT) links to training thresholds.
- Types of training (ALL 8) – Characteristics and link to which component of fitness it improves.
- Preventing injury (9 ways) warm up (4 stages) and cool downs (2 stages) and training seasons (3 seasons).

Half Term 3 – Chapter 6 (paper 2)

- Physical, mental, social health and well-being.
- NEA coursework still to complete.
- Consequences of a sedentary lifestyle and somatotype.
- Energy use, balanced diet and water balance.

Half Term 4 - Chapter 4 (paper 2)

- Skill and ability definitions and classification of skill (4 continuums)
- Goals and targets (SMART)
- Information processing
- Guidance (4 types) and feedback (6 types)
- Formal assessment 3 – MOCK EXAM
- Basketball, netball and handball practical's
- Arousal and managing arousal (stress management techniques)
- Aggression, personality traits and motivation.

Half term 5 - Chapter 5 (Paper 2)

- Social groups affecting participation
- Commercialisation: media and the effect on sport
- Commercialisation: Sponsorship and the effect on sport
- Impact of technology in sport
- Ethical performance – key terms and PED's
- Spectator behaviour

Half Term 6 – Chapter 2 (paper 1)

- Lever systems and mechanical advantage
- Basic movements recap and application to sport
- Planes and axes of rotation
- How to answer 6 and 9 mark questions
- Formal assessment 4 – longer answer questions.
- Exam 1 and Exam 2 – usually within the first weeks of exams.

Feedback, Retrieval & Assessment	Super curriculum opportunities / extra-curricular activities	Cultural Capital, SMSC, Careers and Futures
<ul style="list-style-type: none"> • Self and peer assessment • On-going formative assessment during lessons by teacher • Student/teacher one-to-one discussions • Termly teacher assessed tasks • Termly formal assessments • Regular vocabulary learning homework and quizzing 	<ul style="list-style-type: none"> • Links to professional athletes – observe documentaries of their success. • Use of videos to analyse performances and utilise these to develop own practical performance. 	<ul style="list-style-type: none"> • Learning about other countries, cultures and traditions of how some countries may produce athletes which will be 'better' at other sports due to the countries natural facilities. • Cultural factors that affect an individual's lifestyle factors. • Working independently, in pairs and in groups. • Understanding the role of individuals in a team. • Develop understanding of individual differences and the impact people may face due to these.

Common misconceptions	Connecting New Knowledge	Challenge for all
<ul style="list-style-type: none"> • Differentiating between training methods and training types. • Application of written notes and how to apply these to exam style questions. • Understanding command words of exam questions. • Understanding mark schemes to use correct terminology. 	<ul style="list-style-type: none"> • Regular revisiting of core vocabulary, grammar, opinions, key verbs in new contexts. • Planning / preparing revision material for frequent review of learning. 	<ul style="list-style-type: none"> • Core vocabulary list with key words and terminology defined. • Regular use of scaffolds and structured practice. • Clearly defined success criteria and use of clear feedback to model a perfect answer. • Stretch activities built into each lesson