

Term	Learning Focus	Key Knowledge and Skills	Assessment	Challenge and Enrichment
Autumn term	<p>Unit 1- Anatomy and physiology</p> <p>Unit 5- Fitness testing and training</p>	<p><u>Unit 1</u></p> <p>A The effects of exercise and sports performance on the skeletal system</p> <p>A1 Structure of skeletal system</p> <p>A2 Function of skeletal system</p> <p>A3 Joints</p> <p>A4 Responses of the skeletal system to a single sport or exercise session</p> <p>A5 Adaptations of the skeletal system to exercise</p> <p>A6 Additional factors affecting the skeletal system</p> <p>B The effects of exercise and sports performance on the muscular system</p> <p>B1 Characteristics and functions of different types of muscles</p> <p>B2 Major skeletal muscles of the muscular system</p> <p>B3 Antagonistic muscle pairs</p> <p>B4 Types of skeletal muscle contraction</p> <p>B5 Fibre types</p>	<p>Formal assessments on Unit 1 skeletal and muscular system</p> <p>Unit 5 internal Pearson assessment for learning Aim A+B</p>	<p>Research into fitness testing and training</p> <p>Opportunity to lead students in an extracurricular environment at lunchtime and after school clubs as well as assisting at inter form activities</p>

		<p>B6 Responses of the muscular system to a single sport or exercise session</p> <p>B7 Adaptations of the muscular system to exercise</p> <p>B8 Additional factors affecting the muscular system</p> <p>C The effects of exercise and sports performance on the respiratory system</p> <p>C1 Structure of the respiratory system</p> <p>C2 Function</p> <p>C3 Lung volumes</p> <p><u>Unit 5</u></p> <p>A: Understand the principles of fitness testing</p> <p>A1 Validity of fitness tests</p> <p>A2 Reliability of fitness tests</p> <p>A3 Practicality and suitability of fitness tests</p> <p>A4 Ethical issues associated with fitness screening</p> <p>B: Explore fitness tests for different components of fitness</p> <p>B1 Fitness tests to assess components of physical fitness</p> <p>B2 Fitness tests to assess components of skill-related fitness</p> <p>B3 Planning of tests</p>		
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Spring term	Unit 1 and unit 5	<p><u>Unit 1</u></p> <p>C The effects of exercise and sports performance on the respiratory system</p> <p>C4 Control of breathing</p> <p>C5 Responses of the respiratory system to a single sport or exercise session</p> <p>C6 Adaptations of the respiratory system to exercise</p> <p>C7 Additional factors affecting the respiratory system</p> <p>D The effects of sport and exercise performance on the cardiovascular system</p> <p>D1 Structure of the cardiovascular system</p> <p>D2 Function of the cardiovascular system</p> <p>D3 Nervous control of the cardiac cycle</p> <p>D4 Responses of the cardiovascular system to a single sport or exercise session</p> <p>D5 Adaptations of the cardiovascular system to exercise</p> <p>D6 Additional factors affecting the cardiovascular system</p>	<p>Formal LP assessment Unit 1</p> <p>Further formal assessments on completion of respiratory, cardiovascular and energy systems</p> <p>Unit 5 internal Pearson assessment for learning Aim C</p>	

		<p>E The effects of exercise and sports performance on the energy systems</p> <p>E1 The role of ATP in exercise</p> <p>E2 The ATP-PC (alactic) system in exercise and sports performance</p> <p>E3 The lactate system in exercise and sports performance</p> <p>E4 The aerobic system in exercise and sports performance</p> <p>E5 Adaptations of the energy system to exercise</p> <p>E6 Additional factors affecting the energy systems</p> <p><u>Unit 5</u></p> <p>C: Undertake evaluation and feedback of fitness test results</p> <p>C1 Produce a fitness profile for a selected sports performer</p> <p>C2 Providing feedback to a selected sports performer</p>		
Summer term	Unit 2- Fitness training and programming for health, sport and well-being	<p><u>Unit 2</u></p> <p>A Examine lifestyle factors and their effect on health and well-being</p> <p>A1 Positive lifestyle factors and their effects on health and well-being</p>	External Unit 1 exam	

	<p>Unit 3- Professional Development in the Sports Industry</p>	<p>A2 Negative lifestyle factors and their effects on health and well-being</p> <p>A3 Lifestyle modification techniques</p> <p><u>Unit 3</u></p> <p>A: Understand the career and job opportunities in the sports industry</p> <p>A1 Scope and provision of the sports industry</p> <p>A2 Careers and jobs in the sports industry</p> <p>A3 Professional training routes, legislation, skills in the sports industry</p>		
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