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|  | **Half term 1**  **Learning Overview** | **Half term 2**  **Learning Overview** | **Half term 3**  **Learning Overview** | **Half term 4**  **Learning Overview** | **Half term 5**  **Learning Overview** | **Half term 6**  **Learning Overview** |
| **Year 9** | Intro to GCSE PE & Location of Major Bones  Synovial Joints  Movements at Joints  Muscles | Muscles in Action  Lever Systems  Axes and Planes  Cardiovascular System  Respiratory System | Gaseous Exchange + Aerobic and Anaerobic respiration  Short Term Effects of Exercise | Long Term Effects of Exercise  Health Related Fitness  Skill Related Fitness  Fitness Testing | Principles of Training  Training Methods  Prevention of Injury – Warm-Up & Cool Down | Prevention of Injury – Risks and Hazards  Training methods practical |
| **Year 10** | Participation within sport  Media, commercialisation and sponsorship  Revision for end of unit test | Sportsmanship, gamesmanship & Deviance  Violence within sport  Performance enhancing drugs  Cycling  Revision for end of unit test | Characteristics and classification of skills  Movement Analysis  Goal Setting | Mental Preparation  Feedback  Guidance  Revision for end of unit test | Diet and hydration  Social, Physical and Emotional benefits of exercise  Loughborough Trip (Fitness testing, Diet & Psychology) | Preparation for AEP  Revision for end of unit test (J587/01 & J587/02) |
| **Year 11** | *Revision (J587/1)*  Skeletal system  Muscular system  Levers, planes + axes  Actions and movements  cardiovascular system  respiratory system | *Revision (J587/1)*  Gaseous exchange + energy systems  Short and long term effects of exercise  Components of fitness  fitness testing + training  risk, hazards + preventing injury | *Revision (J587/2)*  Participation rates/trends  Factors affecting participation  strategies and institutions  Promotion, provision + access  Sportsmanship, gamesmanship + deviance, performance enhancing drugs, media, commercialisation + sponsorship | *Revision (J587/2)*  Skills: classification + characteristics  Goal setting  Mental preparation  Guidance + feedback  Health, fitness + wellbeing  Benefits of exercise  Diet + hydration | *Interventions and revision based on identified areas of weakness*  Exam question support using past paper examiner commentary |  |
| **Year 12**  **KSJ X 2**  **PCO X 2**  **SMC X 2** | **KSJ:** characteristics of pre-industrial Britain +  The influence of public schools, on participation in sports/pastimes  **PCO:** how the body uses muscular contraction to create sporting movements  **SMC:** classifications of skills, types and methods of practice, transfer of skills | **KSJ:** how contemporary factors are shaping the characteristics of/participation in 21st century sport  **PCO:** how the cardiovascular system and respiratory system adapts and performs during exercise  **SMC:** learning theories, stages of learning | **KSJ:** background and aims of themodern Olympic games / political exploitation of Olympic games  **PCO:** how balanced diets & nutrition affect sport. How nutritional, physiological and pharmacological aids affect sporting performance  **SMC:** guidance and feedback on performance, memory models for learning and performing | **KSJ:** theglobalisation of sport including media coverage and the modern Olympic games  **PCO:** how to apply training principles to athletes, looking specifically at periodization of training.  **SMC:** personality, attitude, motivation, arousal anxiety ,aggression, social facilitation in sports, team dynamics and stages of how groups/teams develop | **KSJ:** political exploitation of Olympic games (berlin 1986 / Mexico 1968 / Munich 1972 / Moscow 1980 / LA 1984)  **PCO:** biomechanical principles – newton’s laws, momentum, acceleration & velocity applied to sporting examples  **SMC:** goal setting in sports performance, attribution and causes of behaviour | **KSJ:** introduction to the EAPI\* coursework  **PCO:** biomechanics: forces and levers within sport  **SMC:** confidence and self-efficacy in sports performance |
| **Year 13**  **KSJ X 2**  **SMC X 1**  **PCO X 3** | **KSJ:** ethics & deviance in sport (drugs / violence / gambling) + EAPI  **PCO:** energy for exercise  **SMC:** leadership in sport | **KSJ:** athleteroutes to sporting excellence in the uk + EAPI  **PCO:** environmental effects on body systems  **SMC:** stress management to optimise performance | **KSJ:** impact ofmodern technology on elite level sport and participation + EAPI  **PCO:** injury prevention and rehab  **SMC:** revision of Y12 content | **KSJ:** revision of Y12 content + EAPI  **PCO:** motion & mechanics  **SMC:** revision of Y13 content | **KSJ:** revision of Y13 content  **PCO:** revision of Y12/13 content  **SMC:** revision of Y12/13 content |  |

**KSJ** (Mrs Singleton-Jones) / **PCO** (Mr Coppack) / **SMC** (Mr McKay) **\*EAPI**: EVALUATION AND ANALYSIS OF PERFORMANCE FOR IMPROVEMENT