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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 BonesSynovial JointsMovements at JointsMuscles | Muscles in ActionLever SystemsAxes and PlanesCardiovascular SystemRespiratory System | Gaseous Exchange + Aerobic and Anaerobic respiration Short Term Effects of Exercise | Long Term Effects of ExerciseHealth Related Fitness Skill Related Fitness Fitness Testing | Principles of TrainingTraining MethodsPrevention of Injury – Warm-Up & Cool Down | Prevention of Injury – Risks and HazardsTraining methods practical |
| **Year 10** | Participation within sportMedia, commercialisation and sponsorship Revision for end of unit test | Sportsmanship, gamesmanship & DevianceViolence within sportPerformance enhancing drugs Cycling Revision for end of unit test | Characteristics and classification of skillsMovement AnalysisGoal 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 AEPRevision for end of unit test (J587/01 & J587/02) |
| **Year 11** | *Revision (J587/1)*Skeletal systemMuscular systemLevers, planes + axesActions and movementscardiovascular systemrespiratory system | *Revision (J587/1)*Gaseous exchange + energy systemsShort and long term effects of exerciseComponents of fitnessfitness testing + trainingrisk, hazards + preventing injury | *Revision (J587/2)*Participation rates/trendsFactors affecting participationstrategies and institutionsPromotion, provision + accessSportsmanship, gamesmanship + deviance, performance enhancing drugs, media, commercialisation + sponsorship | *Revision (J587/2)*Skills: classification + characteristicsGoal settingMental preparationGuidance + feedbackHealth, fitness + wellbeingBenefits of exerciseDiet + 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