

YEAR	TERM 1 (Autumn)	TERM 2 (Spring)	TERM 3 (Summer)
YEAR 10	<p>APPLIED ANATOMY & PHYSIOLOGY:</p> <ul style="list-style-type: none"> Structure & functions of the musculoskeletal skeleton (bones) & synovial joints, muscles of the body Structure & functions of the cardio-respiratory system (air) <p>MOVEMENT ANALYSIS & NEA PRACTICAL PERFORMANCE:</p> <ul style="list-style-type: none"> Badminton Table tennis Planes & axes of movement <p>PHYSICAL TRAINING:</p> <ul style="list-style-type: none"> Components of Fitness Types of training 	<p>APPLIED ANATOMY & PHYSIOLOGY:</p> <ul style="list-style-type: none"> Structure & functions of the cardio-respiratory system (gaseous exchange, structures of the heart, the cardiac system, mechanics of breathing) Anaerobic & aerobic exercise <p>MOVEMENT ANALYSIS & LEVER SYSTEMS:</p> <ul style="list-style-type: none"> Levers Mechanical advantage Basic movements Planes & axes of movement <p>PHYSICAL TRAINING:</p> <ul style="list-style-type: none"> Types of training Training intensities Optimising training Injury 	<p>APPLIED ANATOMY & PHYSIOLOGY:</p> <ul style="list-style-type: none"> Excess post exercise oxygen consumption/oxygen debt The recovery process <p>MOVEMENT ANALYSIS & NEA PRACTICAL PERFORMANCE:</p> <p>Practical application of training methods through:</p> <ul style="list-style-type: none"> Athletics Cricket <p>PHYSICAL TRAINING:</p> <ul style="list-style-type: none"> Training methods Warm up and cool down Competition and seasons Data interpretation
YEAR 11	<p>SPORTS PSYCHOLOGY:</p> <ul style="list-style-type: none"> Classifications of skill Targets & goals <p>SOCIO CULTURAL INFLUENCES:</p> <ul style="list-style-type: none"> Engagement patterns of different social groups in sport Commercialisation Sponsorship & media Conduct of performers <p>HEALTH, FITNESS & WELL-BEING:</p> <ul style="list-style-type: none"> Exercise needs of different people <p>Non-Examined Assessment: Independent learning and completion of Self-analysis and evaluation</p> <ul style="list-style-type: none"> Consequences of a sedentary lifestyle – obesity 	<p>SPORTS PSYCHOLOGY:</p> <ul style="list-style-type: none"> Effectiveness of feedback Mental preparation & arousal levels in sport Introverts & extroverts <p>SOCIO CULTURAL INFLUENCES:</p> <ul style="list-style-type: none"> Spectator behaviour Hooliganism <p>HEALTH, FITNESS & WELL-BEING:</p> <ul style="list-style-type: none"> Nutrition – proteins, carbohydrates, minerals, vitamins, fats Hydration 	<p>REVISION:</p> <p>EXTERNAL EXAMS:</p>