

Subject content (What will be covered)	As a result, what students should know / understand	What students should be able to do (application/skills developed)	How students will be assessed	By when (Half term 1 – 6)
<b>Theoretical Components</b>				
-Benefits of a healthy lifestyle, links to physical, mental, social well being, reasons for participation	-What constitutes a healthy active lifestyle -how to classify benefits the benefits -How physical activity stimulates various qualities		On-going assessments carried out by the end of a topic in theory. On-going practical activity assessments carried out by end of practical units (formative assessment only)	Usually covered in Year 10
-Influences on participation -Opportunities for involvement -Sports participation pyramid	-Identify key influences that affect involvement in physical activity -Explain different opportunities to become involved - explain the concept of the sports pyramid			Usually covered in Year 10
-Health, Exercise, Performance, Fitness -Health-related Fitness -Skill related fitness	-Understand the terms relating to performance and healthy lifestyle -Know, define and understand the HRF / SRF factors			Usually covered in Year 10
-PAR-Q -Assessing health and skill related fitness -Principles of Training -Target setting	-Meaning of PAR-Q -How to assess HRF/SRF factors -How to explain principles of training -How to use the principles to improve own fitness (esp. FITT) -Describe and explain principles of target setting (SMART) -Apply SMART targets when setting up a Personal Exercise Programme (PEP) to maximize benefits from it			Usually covered in Year 10
-6 different methods of training and links to sports -warm up, main activity, cool down -Effects of training methods -Different heart rate values -Use of graphs to link to target zones and thresholds of training	-Apply knowledge of training methods to suitable sports -Explain warm-up, main session, cool-down and importance to a training session -Create links between training methods and matching to individual needs/differences -Explain Resting HR, Working HR, Recovery rate and apply to graph results. Explain use of target zones and training thresholds			Usually covered in Year 10
-Diet	-Know the links between diet, work and rest (and			Usually covered

<p><b>-Blood shunting</b></p>	<p>influences on health and well-being)          -Requirements, factors and importance of timing when considering optimum dietary intake for best performance.          -Know about blood flow during exercise.</p>		<p>in Year 11</p>
<p><b>Body types (somatotypes)</b>  <b>-Optimum weight</b>  <b>-Risk assessments / safety in sport</b></p> <p><b>-Drugs in Sport</b></p>	<p>-Know the different types and effects on performance          -Identify different activities for each body type          -Understand optimum body weight and factors affecting          -Explain anorexic, obese, overfat, overweight and effects on exercise          -Risk assessments and factors affecting safety in sport.          -Explain the effects of taking performance-enhancing and recreational drugs</p>		<p>Usually covered in Year 11</p>
<p><b>-Effects of exercise on the Cardiovascular system</b>  <b>-Effects of exercise on the Respiratory system</b>  <b>-Effects of exercise on the Muscular system</b>  <b>-Effects of exercise on the Skeletal system</b></p>	<p>-Understand short and long term effects of exercise on the C/v , Respiratory, Muscular and Skeletal systems          -Understand impact or rest, diet and recreational drugs on the C/v, Respiratory, Muscular and Skeletal systems</p>		<p>Usually covered in Year 11</p>
<p><b>Practical Components</b></p>			<p>Covered across Years 10 and 11</p>
<p><b>A variety of sports activities are selected with the interests of the students in mind.</b></p>	<p><b>Exposure is given to technical and strategic/tactical elements as they apply to each activity. Sports covered usually include several from the following list:</b>  <b>Athletics, Badminton, Cricket, Football, Fitness, Netball, Rugby, Rounders, Swimming strokes, Personal Survival, Hockey, Trampolining, Cross Country.</b></p>	<p>On-going practical activity assessments carried out by end of practical units (formative assessment only). Summative assessments are carried out in the terminal moderation series</p>	