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Commitment Aspiration Resilience Respect

Timeline	Topic	Key concepts and knowledge	Skills development	Rationale
Half term 1-2	Applied Anatomy and Physiology	In this topic students will develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport through the following content. The Structure and Functions of the musculoskeletal system The functions of the skeleton applied to performance in physical activities and sports. Classification of bones Structure of the Skeletal system Classification of the Joints	PPE Principle Present their work in a neat manner. Analyse their verbal responses and improve them. Use Feedback to help them reflect on their work and improve it.	To learn about physiological structures and their functions. To learn the fundamentals of describing movement

Half term 1-2	Applied Anatomy and Physiology	The structure and functions of the musculoskeletal system. Movement possibilities at joints dependant on joint Classification Role of Ligaments and Tendons Muscle Fibre Types Location and role of the voluntary muscular system to work with the skeleton to bring about specific movement during physical activity and sport. Antagonistic pairs of muscles (agonist and antagonist) to create opposing movement at joints to allow physical activities. Characteristics of fast and slow twitch muscle fibre types	PPE Principle Present their work in a neat manner. Analyse their verbal responses and improve them. Use Feedback to help them reflect on their work and improve it.	To learn about physiological structures and their functions. To learn the fundamentals of describing movement
Half Term 3-4	Applied Anatomy and Physiology	The structure and functions of the cardiorespiratory system Structure of the cardiovascular system. Structure of arteries, capillaries and veins. The mechanisms required (vasoconstriction, vasodilation) and the need for redistribution of blood flow (vascular shunting) during physical activities compared to when resting	PPE Principle Present their work in a neat manner. Analyse their verbal responses and improve them. Use Feedback to help them reflect on their work and improve it.	To learn about physiological structures and their functions and the effect of exercise

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Half Term 3-4	Applied Anatomy and Physiology	The structure and functions of the cardiorespiratory system Structure and Function of the Respiratory System – Air composition, Volumes, Structure of Lungs	PPE Principle Present their work in a neat manner. Analyse their verbal responses and improve them. Use Feedback to help them reflect on their work and improve it.	To learn about physiological structures and their functions and the effect of exercise
		Anaerobic and aerobic exercise Aerobic and Anaerobic Energy Production. Fats as fuel sources.	PPE Principle Present their work in a neat manner. Analyse their verbal responses and improve them. Use Feedback to help them reflect on their work and improve it.	Pupils will develop their knowledge and understanding of the short and long-term effects of exercise on muscles and bones, the heart and the respiratory system. They will understand the physiological adaptations that can occur due to training. This provides pupils with a rationale for the importance of maintaining an active lifestyle due to the physical benefits to someone's health (paper 2).
Half Term 3-4	Applied Anatomy and Physiology	The short- and long- term effects of exercise Short-term effects of physical activity and sport on heart rate Short-term effects on lungs + Respiratory and Cardiovascular systems	PPE Principle Present their work in a neat manner. Analyse their verbal responses and improve them. Use Feedback to help them reflect on their work and improve it.	

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Half Term 3-4	Applied Anatomy and Physiology	Movement Analysis Lever systems, examples of their use in activity and the mechanical advantage they provide in movement Planes and axes of movement First, second and third class lever. Lever Systems. Body planes and axes. Movement patterns - body planes and axes. Definitions of fitness, health, exercise and performance Components of Fitness	PPE Principle Present their work in a neat manner. Analyse their verbal responses and improve them. Use Feedback to help them reflect on their work and improve it.	Students will develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport. Pupil need to be able to analyse movement and describe it.

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Half term 5	Applied Anatomy and Physiology	Physical Training The components of fitness, benefits for sport and how fitness is measured and improved The principles of training and their application to personal exercise/ training programmes Fitness Tests + Interpretation of Data Planning training using the principles of training. Training methods and training intensities + Training methods and components of fitness Training methods and components of fitness Long-term effects of aerobic and anaerobic training	PPE Principle Present their work in a neat manner. Analyse their verbal responses and improve them. Use Feedback to help them reflect on their work and improve it.	Pupils learn about the factors that affect training and training intensity. This will allow them to complete their personal exercise plan.

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Half term 6	Applied Anatomy and Physiology	Physical Training How to optimise training and prevent injury Long-term training effects and benefits + Long-term training effects and benefits: intercostal muscles Long-term training effects and benefits The use of a PARQ to assess personal readiness for training + Injury prevention Injuries can occur in physical activity and sport Performance-enhancing drugs (PEDs) x2 The purpose and importance of warm-ups and cool downs	PPE Principle Present their work in a neat manner. Analyse their verbal responses and improve them. Use Feedback to help them reflect on their work and improve it.	Pupils learn about the factors that affect training and training intensity. This will allow them to complete their personal exercise plan.