

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11	YEAR 12			YEAR 13		
					Section A	Section B	Section C	Section A	Section B	Section C
N/A			Functions of the Skeletal System Types of Movement Role and Functions of Ligaments, tendons and Cartilage Functions of the Muscular System Functions of the Circulatory System Functions of the Respiratory System What is aerobic and anaerobic exercise Short and Long Term effects of exercise	Sport in the UK Reasons for Participation Positive and Negative Reasons for Participation Levels of Participation Media and Sponsorship Commercialism Performance Enhancing Drugs	<u>Applied Anatomy Physiology</u> Cardiovascular System Respiratory System Neuromuscular system The musculo-skeletal system and analysis of movement in physical activities	<u>Sports Psychology</u> Arousal Stress and Anxiety Goal Setting Personality Attitude Motivation Aggression Group Dynamics Social Facilitation	Pre industrial society Industrial & Post Industrial society characteristics & Impacts on sport	Energy Systems Energy continuum Lactate threshold Injury prevention and rehabilitation Linear Motion Angular Motion	Attribution Theory Self Confidence Self Efficacy Leadership Stress Management Achievement Motivation Information Processing Model Information Processing Model memory tools	Concepts of physical activity Ethics in sport Development of elite performers Violence in sport Sport & the law Drugs in sport
CHRISTMAS HOLIDAY										
N/A			Components of Fitness Principles of Training FITT Training Methods Warm up and down	Violence in Sport Fundamental Motor Skills Skill Goal Setting Mental Preparation Feedback Motivation Guidance Health, Fitness and Well Being	Understand the exercise-related function of food classes. Positive and negative effects of dietary supplements/manipulation on the performer. Preparation and training methods in relation to maintaining physical activity and performance	<u>Skill Acquisition</u> Skill and Skill Continua Transfer of Learning Structure of Practice Stages of Learning Learning Theories and Performance Guidance Feedback	Post World War 2 characteristics and impacts on sport Sociological theory and equal opportunities	Projectile motion Fluid mechanics	Efficiency of Information Processing Model	Impact of commercialisation on physical activity Relationship between media & sport The role of technology in physical activity
EASTER HOLIDAY										
N/A			Hazards and Risk Assessment Preventing Hazards Injury Treatment	Revision	<u>Biomechanics</u> Biomechanical movement Levers	Coursework	The role of technology in Physical activity and sport	Revision		

