

	Term 1A	Term 1B	Term 2A	Term 2B	Term 3A	Term 3B
Year 10	<p>Unit 2 Practical performance in sport</p> <p>Pupils practically demonstrate skills, techniques and tactics in selected sports.</p> <p>Pupils will be able to demonstrate:</p> <ul style="list-style-type: none"> • Effective use of skills, techniques and tactics in isolated and conditioned practices and in competitive situations; <p>Pupils will know and understand;</p> <ul style="list-style-type: none"> • The components of physical fitness; • The technical demands of their chosen sports; • The tactical demands of their chosen sports; 	<p>Unit 2 Practical performance in sport</p> <p>Pupils are able to review sports performance.</p> <p>Pupils will be able to:</p> <ul style="list-style-type: none"> • Produce an observation checklist which can be used to assess: Components of physical fitness -Technical demands of chosen sports -Tactical demands of chosen sports; • Review their own practical performance, identifying and commenting on their own strengths and weaknesses; • Make suggestions for improvement; 	<p>Unit 2 Practical performance in sport</p> <p>Pupils understand the rules, regulations and scoring systems for selected sports.</p> <p>Pupils will be able to:</p> <ul style="list-style-type: none"> • Describe the rules, regulations and scoring systems within their chosen sports • Describe the role and responsibilities of officials within their chosen sports • Make suggestions for the improvement of the application of rules, regulations and scoring systems for their chosen sports 		<p>Unit 1 Fitness for sport and exercise</p> <p>Pupils learn about the components of fitness and the principles of training.</p> <p>Pupils will develop their knowledge and understanding of:</p> <p>The components of physical and skill related fitness:</p> <ul style="list-style-type: none"> • Physical components • Skill related components <p>Exercise intensity;</p> <ul style="list-style-type: none"> • Heart rate • 2.Training thresholds • RPE <p>The principles of training</p> <ul style="list-style-type: none"> • FIIT principle • Specificity, progressive overload, reversibility, rest and recovery, adaptation, variation, individual needs • Fitness testing • Methods of training 	

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Year 11	<p>Unit 3 Pupils are applying the principles of personal training.</p> <p>Pupils will learn about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training including:</p> <ul style="list-style-type: none"> • location of muscles • location of bones • function of synovial joints • use of a warm up • structure of the cardiovascular system • structure of the respiratory system • short term effects of training on the cardiorespiratory system 	<p>Pupils are designing a personal fitness training programme.</p> <p>Pupils will learn about:</p> <ul style="list-style-type: none"> • goal setting • par-q • physical activity levels • methods of training • principles of training • warm up and cool down • exercise intensities • creative design <p>Pupils will:</p> <ul style="list-style-type: none"> • implement a training programme • record their progress based on the session aims 	<p>Pupils are reviewing their personal fitness training programme.</p> <p>Pupils will evaluate:</p> <ul style="list-style-type: none"> • how successful was their training programme • strengths and areas for improvement • recommendations for future training 	<p>unit 6 Pupils will focus on the leading sports activities.</p> <p>Pupils will learn about:</p> <ul style="list-style-type: none"> • the attributes with successful sports leadership • attributes and responsibilities of leadership <p>Pupils will plan and lead a sports activity including:</p> <ul style="list-style-type: none"> • aims of a session • equipment needed • warm up • main component • cool down • health and safety • risk assessment 	<p>Pupils will review the leading of the sport session.</p> <p>The review will include:</p> <ul style="list-style-type: none"> • feedback from participants • strengths and areas for improvement • smarter targets setting 	