

PE SECONDARY CURRICULUM

Revised and Refined in line with Research Review Series for PE 2022



Pupils will cover a selection of the units below each half term:

Year 7 HT1	Year 7 HT2	Year 7 HT3	Year 7 HT4	Year 7 HT5 & HT6
<p>RUGBY</p> <p>Know how to:</p> <ul style="list-style-type: none"> Pass & receive Running with the ball Tackling <p>Know:</p> <ul style="list-style-type: none"> Key rules – passing backwards and offside line <p>BADMINTON</p> <p>Know how to:</p> <ul style="list-style-type: none"> Use grip and stance (chopper/handshake and simple shot) Forehand underarm and overhead to maintain a rally Serve – forehand and backhand Move from side to side - lunge <p>Know:</p> <ul style="list-style-type: none"> Key rules – move opponent to create space; score half court singles; court markings <p>TRAMPOLING</p> <p>Know how to:</p> <ul style="list-style-type: none"> Seat Landing – to feet, linking shape jumps before and after Front Landing – Hand and knees progressing to feet Routines – Linking 4 skills together without a bounce in between <p>Know:</p> <p>Safety rules – behaviour on and around trampoline, safe stopping after bouncing. Shaped Jumps - Straight, Tuck, Pike, Twists - Full and Half</p> <p>NETBALL</p> <p>Know how to:</p> <ul style="list-style-type: none"> Passing and Receiving – chest / shoulder / bounce / step into pass Footwork – stationary landing / pivot Marking and Intercepting – distance from attacker, use of arms when defending, sprint dodge / double dodge when attacking <p>Know: Rules and Tactics – 1m rule (no contact), footwork / choice of pass, Attacking - getting free into space / Defending - staying with attacking partner</p>	<p>BASKETBALL</p> <p>Know how to:</p> <ul style="list-style-type: none"> Dribble – dominant hand / Pivot and Jump Stop Pass – Chest and Bounce Pass Shoot – Set Shot <p>Know: Rules and Tactics – Travelling and Double Dribble; create space; play forwards</p> <p>FOOTBALL</p> <p>Know how to:</p> <ul style="list-style-type: none"> Pass and control – short distances with feet and Tackling – block Dribble – running with the ball Shooting – short distances <p>Know:</p> <p>Tactics – defending = make pitch small / attacking = make pitch big</p> <p>TABLE TENNIS</p> <p>Know how to:</p> <ul style="list-style-type: none"> Grip, ball familiarisation and Push Shot – backhand Push Shot – forehand Serve – forehand/backhand push <p>Know:</p> <p>Rules and Tactics – service rules / moving opponent around the table, score a singles game</p> <p>GAME SKILLS AND CONCEPTS</p> <p>Know how to:</p> <ul style="list-style-type: none"> Use hand-eye coordination in sport – throwing, catching and receiving skills and games. Use foot-eye coordination in sport – dribbling, kicking skills and games. Use movement fundamentals in sport – agility, side-step, swerve, jumping, skipping etc in isolation and in games. <p>Know: Rules and Tactics – related to games used within each theme.</p> <p>HOCKEY</p> <p>Know how to:</p> <ul style="list-style-type: none"> Pass and receiving - push pass, trapping the ball, passing on the move Dribbe - open stick, reverse, Indian dribbling Tackling - flat stick/block tackle <p>Know: Rules and Tactics – feet, stick tackle; positions, role of a defender/midfielder/attacker</p>	<p>TRAMPOLING</p> <p>Know how to:</p> <ul style="list-style-type: none"> Seat Landing – to feet, linking shape jumps before and after Front Landing – Hand and knees progressing to feet Routines – Linking 4 skills together without a bounce in between <p>Know:</p> <p>Safety rules – behaviour on and around trampoline, safe stopping after bouncing. Shaped Jumps - Straight, Tuck, Pike, Twists - Full and Half</p> <p>HOCKEY</p> <p>Know how to:</p> <ul style="list-style-type: none"> Pass and receiving - push pass, trapping the ball, passing on the move Dribble - open stick, reverse, Indian dribbling Tackling - flat stick/block tackle <p>Know: Rules and Tactics – feet, stick tackle; positions, role of a defender/midfielder/attacker</p> <p>RUGBY</p> <p>Know how to:</p> <ul style="list-style-type: none"> Pass & receive Running with the ball Tackling <p>Know:</p> <p>Key rules – passing backwards and offside line</p> <p>FOOTBALL</p> <p>Know how to:</p> <ul style="list-style-type: none"> Pass and control – short distances with feet and Tackling – block Dribble – running with the ball Shooting – short distances <p>Know:</p> <p>Tactics – defending = make pitch small / attacking = make pitch big</p> <p>BADMINTON</p> <p>Know how to:</p> <ul style="list-style-type: none"> Use grip and stance (chopper/handshake and simple shot) Forehand underarm and overhead to maintain a rally Serve – forehand and backhand Move from side to side - lunge <p>Know:</p> <p>Key rules – move opponent to create space; score half court singles; court markings</p>	<p>FOOTBALL</p> <p>Know how to:</p> <ul style="list-style-type: none"> Pass and control – short distances with feet and Tackling – block Dribble -running with the ball Shoot – short distances <p>Know:</p> <p>Tactics – defending = make pitch small / attacking = make pitch big</p> <p>FITNESS</p> <p>Know how to use:</p> <ul style="list-style-type: none"> Components of Fitness – Cardiovascular Endurance; Flexibility; Balance Components of Fitness – Agility; Muscular Endurance; Reaction Time; Coordination Components of Fitness – Power; Speed; Strength Preparing and Recovering from Exercise – Warm Up and Cool Down <p>BADMINTON</p> <p>Know how to:</p> <ul style="list-style-type: none"> Use grip and stance (chopper/handshake and simple shot) Forehand underarm and overhead to maintain a rally Serve – forehand and backhand Move from side to side – lunge <p>Know:</p> <ul style="list-style-type: none"> Key rules – move opponent to create space; score half court singles; court markings <p>NETBALL</p> <p>Know how to:</p> <ul style="list-style-type: none"> Pass and Receive– chest / shoulder / bounce / step into pass Footwork – stationary landing / pivot Marking and Intercepting – distance from attacker, use of arms when defending, sprint dodge / double dodge when attacking <p>Know: Rules and Tactics – 1m rule (no contact), footwork / choice of pass, Attacking - getting free into space / Defending - staying with attacking partner</p> <p>RUGBY</p> <p>Know how to:</p> <ul style="list-style-type: none"> Pass & receive Running with the ball Tackling <p>Know:</p> <p>Key rules – passing backwards and offside line</p>	<p>ATHLETICS</p> <p>Throw:</p> <p>Know how to use:</p> <p>Javelin - grip; stance, basic action from standing; release / finish position Discus - grip; stance, basic action from standing; release / finish position Shot Put - grip; stance, basic action from standing; release / finish position</p> <p>Rules / Tactics – safety; do not overstep; understand a legal throw</p> <p>Track:</p> <p>Know how to:</p> <p>Sprint – starts; standing start; 60 to 100m Middle Distance – understand pacing; inside lane Relays – baton grip; down sweep to upward palm</p> <p>Rules / Tactics – stay in lane; dip finish;</p> <p>STRIKING & FIELDING CRICKET</p> <p>Know how to:</p> <p>Fielding - close catching; short barrier Batting - grip; stance; simple hit; running between wickets Bowling - grip; basic overarm action Batting – pull shot</p> <p>Know: Rules and Tactics; conditioned games; modes of dismissal</p> <p>ROUNDERS:</p> <p>Know how to:</p> <p>Field – close catching; short barrier; short throws / base stump Bat - grip; stance; hit ball; running between bases Bowling - grip; basic action</p> <p>Know: Rules and Tactics – touch base with ball; bowl underarm within rules; play conditioned games</p> <p>TENNIS</p> <p>Know how to:</p> <p>Use grip – chopper / handshake and Ready Position Groundstrokes - forehand Serve - underarm; basic overarm Groundstrokes - backhand</p> <p>Know: Rules / Tactics - court markings; service box / half-court; keep ball in play; hit away from opponent</p>

Pupils will cover a selection of the units below each half term:

Year 8 HT1	Year 8 HT2	Year 8 HT3	Year 8 HT4	Year 8 HT5 & HT6
<p>RUGBY</p> <p>Know to:</p> <ul style="list-style-type: none"> • Pass & receive • Running with the ball • Tackling <p>Know:</p> <ul style="list-style-type: none"> • Key rules – passing backwards and offside line <p>FOOTBALL</p> <p>Know to:</p> <ul style="list-style-type: none"> • Pass and control – longer / lofted; different body parts • Dribbling – change direction; turns <p>Know:</p> <ul style="list-style-type: none"> • Tactics – movement to create space; support team-mates <p>BADMINTON</p> <p>Know to:</p> <ul style="list-style-type: none"> • Drive - forehand • Net Play – forehand / backhand • Clear - forehand underarm and overhead <p>Know:</p> <ul style="list-style-type: none"> • Key rules – vary power of shots; ready position <p>TRAMPOLINING</p> <p>Know to:</p> <ul style="list-style-type: none"> • Swivel Hips - Seat Landing to Seat Landing • Back Landing - Back bounces progressing to and from feet • Combinations – Seat to Front / Front to Seat / Back to Front <p>Know:</p> <ul style="list-style-type: none"> • Create / perform an 8-bounce routine with linked skills from levels 1 and 2 <p>HOCKEY</p> <p>Know to:</p> <ul style="list-style-type: none"> • Pass and receive - slap/sweep pass, receiving the ball on the move • Dribbling / elimination skills - V- Drag, roll out • Tackling - on the move, keeping a player on the open side <p>Know:</p> <ul style="list-style-type: none"> • Key Rules and Tactics - Self-pass, marking opponents; move ball quickly; create space <p>NETBALL</p> <p>Know to:</p> <ul style="list-style-type: none"> • Pass and Receive – increase distance of passes, pass into space • Footwork – two and one-foot landings • Shooting - technique, short distance <p>Know:</p> <ul style="list-style-type: none"> • Rules and Tactics – replay ball and offside / know the positions 	<p>BASKETBALL</p> <p>Know to:</p> <ul style="list-style-type: none"> • Dribbling – Crossover; Defensive Stance • Passing – Advanced Passing eg javelin and decision making • Shooting - Lay Up <p>Know:</p> <ul style="list-style-type: none"> • Rules and Tactics – Contact; Triple Threat position, defensive stance <p>FOOTBALL</p> <p>Know to:</p> <ul style="list-style-type: none"> • Pass and control – longer / lofted; different body parts • Dribbling – change direction; turns <p>Know:</p> <ul style="list-style-type: none"> • Tactics – movement to create space; support team-mates <p>HOCKEY</p> <p>Know to:</p> <ul style="list-style-type: none"> • Pass and receive - slap/sweep pass, receiving the ball on the move • Dribbling / elimination skills - V- Drag, roll out • Tackling - on the move, keeping a player on the open side <p>Know:</p> <ul style="list-style-type: none"> • Key Rules and Tactics - Self-pass, marking opponents; move ball quickly; create space <p>TABLE TENNIS</p> <p>Know to:</p> <ul style="list-style-type: none"> • Drives – backhand • Drives – forehand • Serve – vary speed forehand/backhand <p>Know:</p> <ul style="list-style-type: none"> • Rules and Tactics – vary power and direction of shots including serve <p>GAMES SKILLS and CONCEPTS</p> <p>Know to:</p> <ul style="list-style-type: none"> • Whole Body coordination in sport – eg basketball skills, moving with throwing and catching. • Invasion in sport – attacking space, moving forward individually and as a team. • Cooperation skills – teamwork, communication, trust. <p>Know:</p> <ul style="list-style-type: none"> • Rules and Tactics – related to games used within each theme. 	<p>TRAMPOLINING</p> <p>Know to:</p> <ul style="list-style-type: none"> • Swivel Hips - Seat Landing to Seat Landing • Back Landing - Back bounces progressing to and from feet • Combinations – Seat to Front / Front to Seat / Back to Front <p>Know:</p> <ul style="list-style-type: none"> • Create an 8-bounce routine with linked skills from levels 1 and 2 <p>HOCKEY</p> <p>Know to:</p> <ul style="list-style-type: none"> • Pass and receive - slap/sweep pass, receiving the ball on the move • Dribbling / elimination skills - V- Drag, roll out • Tackling - on the move, keeping a player on the open side <p>Know:</p> <ul style="list-style-type: none"> • Key Rules and Tactics - Self-pass, marking opponents; move ball quickly; create space <p>RUGBY</p> <p>Know to:</p> <ul style="list-style-type: none"> • Pass & receive • Running with the ball • Tackling <p>Know:</p> <ul style="list-style-type: none"> • Key rules – passing backwards and offside line <p>FOOTBALL</p> <p>Know to:</p> <ul style="list-style-type: none"> • Pass and control – longer / lofted; different body parts • Dribbling – change direction; turns <p>Know:</p> <ul style="list-style-type: none"> • Tactics – movement to create space; support team-mates <p>BADMINTON</p> <p>Know to:</p> <ul style="list-style-type: none"> • Drive - forehand • Net Play – forehand / backhand • Clear - forehand underarm and overhead <p>Know:</p> <ul style="list-style-type: none"> • Key rules – Rules and Tactics – vary power of shots; ready position 	<p>RUGBY</p> <p>Know to:</p> <ul style="list-style-type: none"> • Pass & receive • Running with the ball • Tackling <p>Know:</p> <ul style="list-style-type: none"> • Key rules – passing backwards and offside line <p>FOOTBALL</p> <p>Know to:</p> <ul style="list-style-type: none"> • Pass and control – longer / lofted; different body parts • Dribbling – change direction; turns <p>Know:</p> <ul style="list-style-type: none"> • Tactics – movement to create space; support team-mates <p>BADMINTON</p> <p>Know to:</p> <ul style="list-style-type: none"> • Drive - forehand • Net Play – forehand / backhand • Clear - forehand underarm and overhead <p>Know:</p> <ul style="list-style-type: none"> • Key rules – Rules and Tactics – vary power of shots; ready position <p>NETBALL</p> <p>Know to:</p> <ul style="list-style-type: none"> • Pass and Receive – increase distance of passes, pass into space • Footwork – two and one-foot landings • Shooting - technique, short distance <p>Know:</p> <ul style="list-style-type: none"> • Rules and Tactics – replay ball and offside / know the positions <p>FITNESS</p> <p>Know to:</p> <ul style="list-style-type: none"> • Methods of Training – Continuous and Flexibility • Methods of Training – Circuit; SAQ and Interval • Methods of Training – Plyometrics / Weight and Fartlek <p>Know:</p> <ul style="list-style-type: none"> • Immediate and Long-Term Effects of Exercise 	<p>ATHLETICS (Throw)</p> <p>Know to:</p> <ul style="list-style-type: none"> • Javelin – 3 step approach • Discus - foot, knee, hip chain • Shot Put - ‘power position’ and step into throw <p>Know:</p> <ul style="list-style-type: none"> • Rules/Tactics - Safe v Power throw <p>ATHLETICS (Track)</p> <p>Know to:</p> <ul style="list-style-type: none"> • Sprints – maintaining speed; knee drive, arm action ‘hip to lip’; 200m • Middle Distance – consistent pacing; • Relays – running changeovers <p>Know:</p> <ul style="list-style-type: none"> • Rules/Tactics – bend running <p>CRICKET</p> <p>Know to:</p> <ul style="list-style-type: none"> • Fielding – retrieval and long barrier / Batting - front foot shots / drives • Bowling - line and length • Batting – forward and backward defensive / Fielding – direct hits <p>Know:</p> <ul style="list-style-type: none"> • Rules and Tactics - hit into gaps; bowl to challenge batter; fielding decisions <p>ROUNDERS</p> <p>Know to:</p> <ul style="list-style-type: none"> • Fielding - long barrier and retrieval; catching from distance • Batting - hitting out the diamond; hitting different height balls • Bowling - varying speed <p>Know:</p> <ul style="list-style-type: none"> • Rules and Tactics - where to throw; hit into gaps; bowl to challenge batter <p>TENNIS</p> <p>Know to:</p> <ul style="list-style-type: none"> • Groundstroke Development - increase power / vary depth and direction • Punch Serve • Volley - forehand, backhand <p>Know:</p> <ul style="list-style-type: none"> • Rules / Tactics - challenge opponent with varied direction and power

Pupils will cover a selection of the units below each half term:

Year 9 HT1, HT2, HT3, HT4	Year 9 HT5 & HT6
RUGBY	
<p>Know how to:</p> <ul style="list-style-type: none"> • Passing – switch and loop • Tackling – side on tackle, 2 player tackle • Ruck – role of the marker in defence, playing from dummy half <p>Know: Rules and Tactics – Decision making in attack (overload 4v2), defending from the ruck</p>	
FOOTBALL	
<p>Know how to:</p> <ul style="list-style-type: none"> • Passing and control – driven; chip; curled; on ½ turn • Dribbling – to beat a defender and Defending - jockeying • Shooting – volley / half volley <p>Tactics – full-sided game; positions; identify weaknesses of opponents</p>	
BASKETBALL	
<p>Know how to:</p> <ul style="list-style-type: none"> • Passing – 3-man weave • Dribbling – Advanced Dribbling Skills; Set Screens • Shooting – Lay-up weak hand; Rebounding <p>Know: Rules and Tactics – man to man defence, rebounds ‘Box out’, set screens</p>	
NETBALL	
<p>Know how to:</p> <ul style="list-style-type: none"> • Passing and Receiving – on the move, one-handed gather • Footwork – on the move • Marking and Intercepting – use a variety of dodges in game situations – roll off dodge, defending players on and off the ball <p>Know: Rules and Tactics – apply set plays to games, play a variety of positions</p>	
GAMES SKILLS	
<p>Know how to:</p> <ul style="list-style-type: none"> • Evasion in sport – dodging, getting free. • Improving Reactions in sport – various stimulus including objects, team-mates, opponents. • Outwitting an opponent – decision making, attacking. <p>Rules and Tactics – related to games used within each theme.</p>	
HOCKEY	
<p>Know how to:</p> <ul style="list-style-type: none"> • Pass and receiving - hit, reverse stick pass/trap • Dribble/ elimination skills - double drag, 3D skills • Shooting - clip hit, lifted shot <p>Know: Rules and Tactics - applying a press, selecting the correct pass/shot for situation</p>	
TRAMPOLING	
<p>Know how to:</p> <p>Combinations - Cradle / Turntable / Roller Twist to Landing – Half or full twists into and out of Front / Back Landings Somersault - Front and Back / Hands and knees turnovers Routines – Create a 10-bounce routine with linked skills from all levels</p>	
BADMINTON	
<p>Know how to:</p> <ul style="list-style-type: none"> • Smash - forehand • Drop Shot - forehand • Backhand for previous shots <p>Know: Rules and Tactics – use disguise; identify weaknesses of opponent</p>	
FITNESS	
<ul style="list-style-type: none"> • Fitness Testing – Multi-Stage Fitness Test or Cooper Run and Sit and Reach Test • Fitness Testing – Illinois Agility Test; Sit Up Test; Wall Ball Toss and Ruler Drop Test • Fitness Testing – Vertical Jump; 30m Sprint Test; Hand Grip Dynamometer • Principles of Training – ‘SPORT’ 	
TABLE TENNIS	
<p>Know how to:</p> <ul style="list-style-type: none"> • Chop – forehand/backhand • Drives – topspin / increased speed / straight and across • Serve – vary spin and speed <p>Know: Rules and Tactics – use disguise, identify opponent’s weakness, play and score a doubles game</p>	
	ATHLETICS (Track)
	<p>Know how to:</p> <p>Sprint - crouched start; drive and accelerate; 300 to 400m Middle Distance – negative splits Relays – maximum speed changeover in box</p> <p>Rules/Tactics – 80/90% pace to start on sprints; relay calls; track position for middle distance</p>
	ATHLETICS (Throw)
	<p>Know how to:</p> <p>Javelin – 5 step approach Discus – half turn Shot Put – ‘glide’</p> <p>Rules/Tactics - measure with accuracy; understand foul throws</p>
	TENNIS
	<p>Know how to:</p> <p>Groundstroke Development - use of top and cut spin Full Serve Smash and Drop Shot</p> <p>Know: Rules / Tactics - vary direction of serve; use top and cut spin to challenge opponents, switch between attack and defence; correct scoring</p>
	STRIKING & FIELDING CRICKET
	<p>Know how to:</p> <p>Field - one hand pick-up; overarm throw and catching from distance Bat - straight, cover drives Bowl – variations; fast / spin Bat – backfoot shots</p> <p>Rules and Tactics - play and umpire a pairs game; use of fielding positions</p>
	ROUNDERS
	<p>Know how to:</p> <p>Field- one hand pick-up; overarm throw from distance Bat - hitting with power; hitting different height balls Bowling - varying height and spin</p> <p>Know: Rules and Tactics - vary placement; play and umpire full game</p>
	TRAMPOLING
	<p>Know how to:</p> <p>Combinations - Cradle / Turntable / Roller Twist to Landing – Half or full twists into and out of Front / Back Landings Somersault - Front and Back / Hands and knees turnovers Routines – Create a 10-bounce routine with linked skills from all levels</p>

Year 10 GCSE HT1	Year 10 GCSE HT2	Year 10 GCSE HT3	Year 10 GCSE HT4	Year 10 GCSE HT5	Year 10 GCSE HT6
<p>Core Content: Know: The structure and functions of the musculoskeletal system:</p> <ul style="list-style-type: none"> Bones Skeleton-Structure Functions of the skeleton Muscles of the body Synovial Joints and Joint Types of freely movable joints that allow different movement structures How joints differ in design to allow certain types of movement at a joint Structure of Muscular System, Movements, Antagonistic Muscle Pairs, Muscle Contractions How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints <p>The structure and functions of the cardio-respiratory system: Know:</p> <ul style="list-style-type: none"> The pathway of air Gaseous Exchange 	<p>Core Content: Know: The structure and functions of the cardio-respiratory system: Know:</p> <ul style="list-style-type: none"> Blood Vessels Structure of the Heart Pathway of blood The cardiac cycle and the pathway of the blood Cardiac output, stroke volume and heart rate Mechanics of breathing – the interaction of the intercostal muscles, ribs and diaphragm in breathing Interpretation of a spirometer trace <p>Anaerobic and aerobic exercise</p> <ul style="list-style-type: none"> Understanding the terms aerobic exercise (in the presence of oxygen) and anaerobic exercise (in the absence of enough oxygen) The use of aerobic and anaerobic exercise in practical examples of differing intensities Excess post-exercise oxygen consumption (EPOC)/oxygen debt as the result of muscles respiring anaerobically during vigorous exercise and producing lactic acid The recovery process from vigorous exercise 	<p>Core Content: Know: The short- and long-term effects of exercise:</p> <ul style="list-style-type: none"> Immediate effects of exercise (during exercise) Short-term effects of exercise (24 to 36 hours after exercise) Long-term effects of exercise (months and years of exercising) <p>Classification of skills (basic/complex, open/closed):</p> <ul style="list-style-type: none"> Classifications of skill Definitions of types of goals <p>The use of goal setting and SMART targets to improve and/or optimise Performance:</p> <ul style="list-style-type: none"> The use and evaluation of setting performance and outcome goals in sporting examples The use of SMART targets to improve and/or optimise performance 	<p>Core Content: Know: Basic information processing</p> <ul style="list-style-type: none"> Basic information processing model Identify examples of, and evaluate, the effectiveness of the use of types of guidance, with reference to beginners and elite level performers Identify examples of, and evaluate, the effectiveness of the use of types of feedback, with reference to beginners and elite level performers <p>Mental preparation for performance: Arousal:</p> <ul style="list-style-type: none"> Inverted-U theory How optimal arousal levels vary according to the skill being performed in a physical activity or sport How arousal can be controlled using stress management techniques before or during a sporting performance <p>Aggression:</p> <ul style="list-style-type: none"> Understand the difference between direct and indirect aggression with application to specific sporting examples <p>Personality:</p> <ul style="list-style-type: none"> Understand the characteristics of introvert and extrovert personality types, including examples of sports which suit these particular personality types <p>Motivation:</p> <ul style="list-style-type: none"> Definition of intrinsic and extrinsic motivation, as used in sporting examples Evaluation of the merits of intrinsic and extrinsic motivation in sport 	<p>Core Content: Know: The relationship between health and fitness and the role that exercise plays in both:</p> <ul style="list-style-type: none"> The relationship between health and fitness <p>The components of fitness, benefits for sport and how fitness is measured and improved:</p> <ul style="list-style-type: none"> The components of fitness Linking sports and physical activity to the required components of fitness Reasons for and limitations of fitness testing Measuring the components of fitness Demonstration of how data are collected for fitness testing <p>The principles of training and their application to personal exercise/training Programme:</p> <ul style="list-style-type: none"> Principles of Training and overload Application of the principles of training Types of training Identification of the advantages and disadvantages (the effects on the body) of training types linked to specific aims 	<p>Core Content: Know: How to optimise training and prevent injury:</p> <ul style="list-style-type: none"> Calculating intensities to optimise training effectiveness Considerations to prevent injury Specific training techniques – high altitude training as a form of aerobic training Seasonal aspects <p>Effective use of warm up and cool down:</p> <ul style="list-style-type: none"> Warming up and cooling down <p>NEA – Written Coursework</p>

Year 11 GCSE HT1	Year 11 GCSE HT2	Year 11 GCSE HT3	Year 11 GCSE HT4	Year 11 GCSE HT5	
<p>Core Content: Know: Health, Fitness and Well-being:</p> <ul style="list-style-type: none"> • Linking participation in physical activity, exercise and sport to health, well-being and fitness, and how exercise can suit the varying needs of different people • The consequences of a sedentary lifestyle • Obesity and how it may affect performance in physical activity and sport <p>NEA – Written Coursework</p>	<p>Core Content: Know: Energy use, diet, nutrition and hydration:</p> <ul style="list-style-type: none"> • Energy use • Nutrition – reasons for having balanced diet • Nutrition – the role of carbohydrates, fat, protein and vitamins/minerals • Reasons for maintaining water balance (hydration) • Somatotypes <p>Engagement patterns of different social groups in physical activity and sport:</p> <ul style="list-style-type: none"> • Engagement patterns of different social groups and the factors affecting participation <p>Commercialisation:</p> <ul style="list-style-type: none"> • Types of sponsorship and the media • Positive and negative impacts of sponsorship and the media • Positive and negative impacts of technology <p>NEA – Written Coursework</p>	<p>Core Content: Know: Ethical and socio-cultural issues in physical activity and sport:</p> <ul style="list-style-type: none"> • Conduct of performers • Prohibited substances • Prohibited methods (blood doping) • Drugs subject to certain restrictions (beta blockers) • Which type of performers may use different types of performance enhancing drugs (PEDs) with sporting examples • The advantages and disadvantages for the performer of taking PEDs • The disadvantages to the sport/event of performers taking PEDs • Spectator behaviour (the positive and the negative effects of spectators at events) • Reasons why hooliganism occurs • Strategies employed to combat hooliganism/ spectator behaviour 	<p>Core Content: Movement analysis (Levers and Planes):</p> <ul style="list-style-type: none"> • First, second- and third-class lever systems within sporting examples • Mechanical advantage – an understanding of mechanical advantage in relation to the three lever systems • Analysis of basic movements in sporting examples • Identification of the relevant planes (frontal, transverse, sagittal) and axes (longitudinal, transverse, sagittal) of movement used whilst performing sporting actions 	<p>Core Content: Know:</p> <p>Revision and Moderation Practice</p>	