

AUTUMN 1

Components of Fitness - Names and the importance of components in sport.	Fitness testing – Components and fitness tests. Purpose of testing.	Methods of training – Methods related to sporting needs and components.	Principles of training – RIPSOR. Linked to methods and components in sport.	Warm ups and cool downs – what happens and reasons for each.	Prior Learning Students have completed a fitness block each year in KS3. Warm ups and cool downs completed in practical lessons Yr7-9.
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AUTUMN 2

Goal Setting – SMART targets. Why set goals?	Training Zones – Aerobic and anaerobic. Calculating heart rates.	CV System – Function and structure. Veins, arteries & capillaries.	CV system - Blood, cells and vascular shunting.	CV system – short term effects and adaptations to training.	Prior Learning Students have completed a fitness block at KS3. Students have some knowledge on human biology from science lessons.
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SPRING 1

Personal Exercise Plan (PEP)					Prior Learning Previous links to lessons. Fitness block in KS3.
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SPRING 2

Respiratory system – air composition, tidal volume, vital capacity.	Respiratory system – location of components, alveoli structure.	Respiratory system – Gaseous exchange, aerobic/anaerobic respiration.	Respiratory system – short term effects and adaptations due to exercise.	Energy system – sources of fuel, aerobic/anaerobic systems.	Prior Learning Previous knowledge gained from lessons and human biology covered in science.
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SUMMER 1

Skeletal System – Function. Types of bones. Location of bones.	Skeletal System – Joints. Ranges of movement. Ligaments & tendons.	Muscular system – Function and types. Location of muscles.	Muscular system – antagonistic pairs.	Injury in sport- types and treatment. Preventing risks.	Prior Learning Knowledge from lessons and warm ups/cool downs with muscle locations.
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SUMMER 2

Movement analysis – levers, planes, axis.	Musculo-skeletal system – short term impacts and long term adaptations.	Performance Enhancing Drugs – Names and types.	Performance Enhancing Drugs – Why take them? Which sports use which drug?	Performance Enhancing Drugs – advantages and disadvantages.	Prior Learning Knowledge from previous lessons and PSHCE lessons for different types of drugs.
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CAREERS LINKS

Coaching
PE teaching
Refereeing/ umpiring
Fitness Instructor
Physio Therapist
Sport Scientist
Sports Development officer
Leisure and tourism industry

CHARACTER LINKS

Intellectual virtues through reflection, judgement, and reasoning when evaluating performances and skills.
Performance virtues through confidence, determination, motivation, resilience, and teamwork during practical activities.
Moral Virtues through respecting teammates and opponents.

KEY ASSESSMENT DATES

Half termly assessments with small practice questions ongoing throughout theory lessons. Practical assessment will be each half term after the specific sport is covered. PEP is assessed after completion in Feb half term.