

## PE CURRICULUM "At the same time as the spiral is going forward, it is also returning."

Topic	KNOWLEDGE ACQUISTION	DURATION (Lessons)	Term 1a			7 .	Term1b				Term 2a				Term 2b			Term 3a			Term 3b		
ear 10		(Lessons)	1 2	3 4	5   6	17 3	1 2	5 4	5 6	1	1 2	3 4	5 6	/ 1	2	3 4	э б	1	2 3	4 5	1 2	3   4   5	б
3.1 The relationship between health and 1 fitness and the role that exercise plays in both	Definitions of fitness, health, exercise and performance and the relationship between them	1																					
3.2 The components of fitness, benefits for sport and how fitness is measured and 2 improved	Components of fitness and the relative importance of these components in physical activity and sport, Fitness tests: the value of fitness testing, the purpose of specific fitness tests, the test protocols, the selection of the appropriate fitness test for components of fitness and the rationale for selection	6																					
3.3 The principles of training and their application to personal exercise/ training programmes	Planning training using the principles of training, Factors to consider when deciding the most appropriate training methods and training intensities for different physical activities and sports, The use of different training methods for specific components of fitness, physical activity and sport	6																					
3.5 How to optimise training and prevent 4 injury	The use of a PARQ to assess personal readiness for training and recommendations for amendment to training, Injury prevention, Injuries that can occur in physical activity and sport and treatment of injuries, Performance-enhancing drugs (PEDs) and their positive and negative effects on sporting performance and performer lifestyle	8																					
3.6 Effective use of warm up and cool down	The purpose and importance of warm-ups and cool downs to effective training sessions and physical activity and sport	1																					
PEP write up and practical	Completion of PEP planning interleaving content throughout lessons. 6 week training programme - two practical lessons per week in term 1b.																						
$1.1 \ \mbox{The structure and functions of the musculo} \\ 6 \ \mbox{Skeletal system}$	The functions of the skeleton applied to performance in physical activities and sports, Classification of bones, Structure of the skeleton, Classification of joints, Movement possibilities at joints dependant on joint classification: The role of ligaments and tendons, Classification and characteristics of muscle types, Location and role of the voluntary muscular system to work with the skeleton to bring about movement, and the specific function of each muscle, 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	14																					
1.2 The structure and functions of the 7 cardiorespiratory system	Functions of the cardiovascular system applied to performance in physical activities Structure of the cardiovascular system, Structure of arteries, capillaries and veins, Redistribution of blood flow Component of blood, Composition of inhaled and exhaled in and the impact of physical activity on this composition, Vital capacity and tidal volume, and change in tidal volume due to physical activity and sport, and the reasons that make the change in tidal volume necessary, Location of main components of respiratory system and their role in movement of oxygen and carbon dioxide into and out of the body, Structure of alveoli to enable gas exchange and the process of gas exchange to meet the demands of varying intensities of exercise	12																					
	Energy: the use of glucose and oxygen to release energy aerobically and the impact of insufficient oxygen on energy release, Energy sources	2									ш												
8 1.3 Anaerobic and Aerobic exercise  1.4 The short- and long- term effects of exercise	Short-term effects of physical activity and sport, How the respiratory and cardiovascular systems work together to allow participation in, and recovery from, physical activity and sport	2																					
10 3.4 The long-term effects of exercise	Long-term training effects, Long-term training effects and benefits: for performance of the muscular-skeletal system, Long-term training effects and benefits: for performance of the cardio-respiratory system	6																					
2.1 Lever systems and planes and axes of rotation, examples of their use in activity and the mechanical advantage they provide in movement	First, second and third class levers and their use in physical activity and sport, Mechanical advantage and disadvantage of the body's lever systems and the impact on sporting performance, Movement patterns using body planes and axes, Movement in the sagittal plane about the frontal axis, Movement in the frontal plane about the sagittal axis, Movement in the transverse plane about the vertical axis	8																					
PEP Write up		14									ш												
12 Year 11		14																					
1.1 Physical,emotional and social health, 1 fitness and well-being	Physical health: how increasing physical ability, through improving components of fitness can improve health/reduce health risks and how these benefits are achieved, Emotional health: how participation in physical activity and sport can improve emotional/psychological health and how these benefits are achieved, Social health: how participation in physical activity and sport can improve social health and how these benefits are achieved, impact of fitness on well-being; positive and negative health effects, How to promote personal health through an understanding of the importance of designing, developing, monitoring and evaluating a personal exercise programme to meet the specific needs of the individual, Lifestyle choices, Positive and negative impact of lifestyle choices	6																					
2 1.2 The consequences of a sedentary lifestyle	A sedentary lifestyle and its consequences	3																					

3 1.3 Energy use, diet, nutrition and hydration	The nutritional requirements and ratio of nutrients for a balanced diet to maintain a healthy lifestyle and optimise specific performances in physical activity and sport, The role and importance of macronutrients, The role and importance of micronutrients, The factors affecting optimum weight and variation in optimum weight according to roles in specific physical activities and sports, Hydration for physical activity and sport	6											
2.1 Classification of skills (basic/complex, 4 open/closed)	Classification of a range of sports skills, Practice structures	3											
2.2 The use of goal setting and SMART targets     to improve and/or optimise performance	The use of goal setting to improve and/or optimise performance and principles of SMART targets	3											
2.3 Guidance and feedback on performance	Types of guidance to optimise performance, Advantages and disadvantages of each type of guidance and its appropriateness in a variety of sporting contexts, Types of feedback to optimise performance	3											
7 2.4 Mental preparation for performance	Mental preparation for performance	3											
3.1 Engagement patterns of different social 8 groups in physical activity and sport	Participation rates in physical activity and sports and the impact on participation rates considering the following personal factors	3											
3.2 Commercialisation of physical activity and 9 sport	The relationship between commercialisation, the media and physical activity and sport, The advantages and disadvantages of commercialisation and the media	3											
3.3 Ethical and socio-cultural issues in physical activity and sport 10	The different types of sporting behaviour	3											
Revision		6											
12 Revision of Component 2		21											
13 Revision of Component 1		27									STUDE	NTS HAVE LE	FT.