

Links to the National curriculum/Assessment Objectives	<ul style="list-style-type: none"> • AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. Linked to Paper 1 and Paper 2. • AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance. 					
Description of the topic and key learning outcomes (key knowledge and understanding)	<p>Overview: DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of the principles of training and their application to personal exercise/training programmes.</p> <p>Outcomes: Pupils will be able to describe and explain the principles of training and overload. Pupils will be able to explain how the principles of training can be applied to bring about improvement in fitness.</p> <p>Pupils will have a sound understanding of the distinctions between different types of training.</p> <p>Pupils will be able to identify the advantages and disadvantages of training types linked to specific aims.</p> <p>Pupils will be able to demonstrate how data can be used.</p>	<p>Overview: DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of how to optimise training and prevent injury. Students should develop knowledge and understanding of effective use of warm up and cool downs. Students should develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport.</p> <p>Outcomes: Pupils will be able to calculate intensities to optimise training effectiveness.</p> <p>Pupils will have an understanding of the factors that should be taken into account in order to prevent injury.</p> <p>Pupils to understand how high altitude is carried out.</p> <p>Pupils will be able to describe and explain the constituent parts of</p>	<p>Overview: DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of which type of performer may use different types of performance enhancing drugs and describe the advantages and disadvantages for taking them.</p> <p>Outcomes: Pupils will be able to describe the engagement patterns of different social groups and the factors affecting participation. They will be able to define commercialisation. They will be able to describe the different types of sponsorship and media. Pupils will have a sound understanding of the positive and negative impacts of sponsorship and the media and technology.</p>	<p>Overview: DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of the principles of training and different training methods. To develop an understanding of how to optimise training and prevent injury. Students should develop knowledge and understanding of effective use of warm up and cool downs. Students should develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport.</p> <p>Outcomes: Pupils will be able to describe the relationship between health and fitness. They will be able to give definitions of the components of fitness. Pupils will be able to link sport and physical activity to the required components of fitness.</p>	<p>Overview: DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of the classification of skills and the use of goal setting and SMART targets to improve and/or optimise targets. Develop an understanding of the engagement patterns of different social groups and the factors affecting participation.</p> <p>Outcomes: Pupils will be able to describe and evaluate the effectiveness of the use of types of guidance. Pupils will develop sound knowledge of mental preparation for performance. They will be able to give a definition of arousal, how it can be controlled. Have an understanding of aggression and different personality types. They will be able to give a</p>	<p>Overview: DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of which type of performer may use different types of performance enhancing drugs and describe the advantages and disadvantages for taking them. Students should be able to link participation in physical activity, exercise and sport to health, wellbeing and fitness, and describe how exercise can suit the varying needs of different people.</p> <p>Outcomes: Pupils will be able to describe the conduct of performers, prohibited substances and prohibited methods. They will have an understanding of which type of performer may use different types of performance</p>

	<p>Outcomes: Pupils will be able to identify lever systems, give examples of their use in activity and the mechanical advantage they provide in movement.</p> <p>Pupils will be able to identify the relevant planes and axes of movement used whilst performing sporting actions.</p>	<p>warming up and cooling down.</p> <p>Pupils will be able to demonstrate an understanding of data are collected – both qualitative and quantitative.</p>		<p>Pupils will be able to give reasons for and limitations of fitness testing. Pupils will develop sound knowledge of the main procedures of the tests used to measure components of fitness. Pupils will be able to demonstrate how data is collected for fitness testing. Pupils will be able to explain how the principles of training can be applied to bring about improvement in fitness. Pupils will have a sound understanding of the distinctions between different types of training. Pupils will be able to identify the advantages and disadvantages of training types linked to specific aims. Pupils will be able to calculate intensities to optimise training effectiveness. Pupils will have an understanding of the factors that should be taken into account in order to prevent injury. Pupils to understand how high altitude is carried out. Pupils will be able to describe and explain the constituent parts</p>	<p>definition of intrinsic and extrinsic motivation. Pupils will be able to describe the engagement patterns of different social groups and the factors affecting participation. They will be able to define commercialisation. They will be able to describe the different types of sponsorship and media. Pupils will have a sound understanding of the positive and negative impacts of sponsorship and the media and technology.</p>	<p>enhancing drugs with sporting examples. They will be able to describe the advantages and disadvantages for the performer of taking PEDs. Students will develop knowledge and understanding the strategies employed to combat hooliganism and spectator behaviour. Pupils will be able to link participation in physical activity, exercise and sport to health, wellbeing and fitness, and describe how exercise can suit the varying needs of different people. Pupils will develop an understanding of the consequences of a sedentary lifestyle, obesity and how it may affect performance in physical activity and sport. Pupils will be able to describe energy use and nutrition. They will understand the reasons for having a balanced diet. Pupils will be able to describe a balanced diet and the role of carbohydrates, fat, protein and vitamins/minerals.</p>
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				of warming up and cooling down. Pupils will be able to demonstrate an understanding of data are collected – both qualitative and quantitative.		Pupils will have a sound understanding of the reasons for maintaining water balance (hydration).
Related Concepts (that are revisited)	Recall subject terminology and applying it from Autumn term and Spring 1. Read and understand text book; understanding of musculoskeletal, cardiovascular and long and short term effects of exercise.	Recall subject terminology and applying it from beginning of the year i.e. Musculoskeletal system, Cardiorespiratory, Principles of training,	Recall subject terminology and applying it from beginning of the year Principles of training, Physical training, and long and short term effects of exercise. E.g. planes, axes of movement, levers, mechanical advantage	Recall subject terminology and applying it from the whole of Paper 1 Read and understand text book; Musculoskeletal system, Cardiorespiratory, Principles of training, Physical training, and long and short term effects of exercise. E.g. planes, axes of movement, levers, mechanical advantage	Recall subject terminology and applying it from Paper 1, Sports Psychology and Socio-cultural influences. understand text book;	Recall subject terminology and applying it from Paper 1 and Paper 2
Skills being taught	<p>AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <ul style="list-style-type: none"> • AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. <p>- AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.</p>					
Milestone assessments	AC1- end of topic assessment on Health, Fitness and Wellbeing HT2Produce Non-exam assessment plan	AC2 -end of topic assessment Optimise training and prevent injury. Warm up and cool down.	AC3 Past papers on all of Paper 1 content AC2 Past papers on	AC4 Past papers on Paper 1 content and Sports psychology, socio-cultural influences.	AC5 Past papers on both Paper 1 and Paper 2 content.	

Wider reading	GCSE Text, PE Journals, Newspaper articles		GCSE Text, PE Journals, Newspaper articles		GCSE Text, PE Journals, Newspaper articles	
Literacy programme	Spellings, key vocabulary, writing frames.		Spellings, key vocabulary, writing frames.		Spellings, key vocabulary, writing frames.	
Homework	Knowledge organisers & self-marking quizzes		Knowledge organisers & self-marking quizzes		Knowledge organisers & self-marking quizzes	