



At St Peter's we believe that a broad and balanced curriculum with a strong academic core is a right for all pupils. We seek to encourage pupils to explore subjects of interest around their in-school learning and to enhance their curriculum experience through enrichment.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit of Work/Big Question	Unit of Work/Big Question	Unit of Work/Big Question	Unit of Work/Big Question	Unit of Work/Big Question	Unit of Work/Big Question
What is the structure and function of the skeletal & muscular system?	What is Movement Analysis? What makes up the cardiovascular and respiratory system? What effect does exercise have upon the body?	What are the major components of fitness and how do they impact on performance levels?	How do you apply principles of training to optimise training? How do you prevent injury in physical activity and training?	How does Commercialisation impact performance and participation levels in sport? How do Engagement patterns of different social groups differ in physical activities and sports?	How do ethical and socio-cultural issues impact on performance levels and the public's attitude to sport and physical activity?
Knowledge	Knowledge	Knowledge	Knowledge	Knowledge	Knowledge
<ul style="list-style-type: none"> • Knowledge of major bones • Functions of the skeleton • Types of synovial joints • Types of movements at hinge and ball and socket joints • Location of major muscle groups • The roles of muscles in movement 	<ul style="list-style-type: none"> • Lever systems • Planes and axes of rotation • Structure and function of cardiovascular system • Structure of the respiratory system • Aerobic and Anaerobic exercise • Short term effects of exercise • Long term effects of training 	<ul style="list-style-type: none"> • All components of fitness • Definitions • Tests • Apply to practical examples 	<ul style="list-style-type: none"> • Principles of training • Training methods • Prevention of injury strategies 	<ul style="list-style-type: none"> • Different types of media • Golden triangle and its impact on participation and performance levels • Physical activity and sport trends in the UK • Factors affecting participation levels in physical activity and sport 	<ul style="list-style-type: none"> • Ethics in sport • Drugs and PEDs in sport • Violence in sport
Skills & Procedural Knowledge	Skills & Procedural Knowledge	Skills & Procedural Knowledge	Skills & Procedural Knowledge	Skills & Procedural Knowledge	Skills & Procedural Knowledge
<p>Be able to identify major bones, joints, types of movement and describe the functions of the Skeleton.</p> <p>Be able to identify and locate major muscles, describe the movement produced by each muscle and the role of the agonist, antagonist, fixator and antagonistic action.</p>	<p>Be able to apply and analyse practical examples for each class of lever, planes of movement, and axes of rotation.</p> <p>Be able to label the structure of the heart and respiratory system.</p> <p>Be able to describe the pathway of blood and pathway of air.</p> <p>Be able to describe heart rate, stroke volume, cardiac output, breathing rate, tidal volume and</p>	<p>Pupils will be able to complete, collect and use data relating to each component of fitness.</p> <p>Pupils will be able to describe each component of fitness, the tests for each one and give practical examples of where each component of fitness is important.</p>	<p>Pupils will be able to identify and describe the principles of training and types of training.</p> <p>They will be able to apply the principles of training and types of training to a personal exercise programme.</p> <p>Be able to identify & describe the components of a warm up, cool down, risk of injuries and potential Hazards</p>	<p>Pupils will understand the different forms of media and the Golden Triangle</p> <p>Pupils will be able to explain how media and the Golden Triangle impacts on participation and performance levels in sport</p> <p>Pupils will recognise activity trends in the UK and give reasons for such trends.</p> <p>Pupils will be able to identify and</p>	<p>Pupils will understand the value of sportsmanship and the reason for gamesmanship and deviance in sport</p> <p>Pupils will be able to understand why performers take drugs and the advantages and disadvantages of a range of PED's</p> <p>Pupils will be able to recognise and understand the reasons for violence in sport and apply to practical examples</p>

<p>Be able to identify each class of levers, planes of movement and axes of rotation.</p> <p>Be able to apply and analyse practical examples for the functions of the skeleton and each type of movement.</p>	<p>minute ventilation</p> <p>Be able to describe the different blood vessels, the role of the respiratory muscles and alveoli.</p> <p>Be able to collect and use data relating to short term and long-term effects of exercise.</p> <p>Be able to provide practical examples for anaerobic and aerobic exercise.</p>		<p>Be able to apply practical examples of each.</p>	<p>explain a range of factors that impact on participation and performance levels in sport</p>	
<p>Key Assessment Task (KAT)</p>	<p>Key Assessment Task (KAT)</p>	<p>Key Assessment Task (KAT)</p>	<p>Key Assessment Task (KAT)</p>	<p>Key Assessment Task (KAT)</p>	<p>Key Assessment Task (KAT)</p>
<p>Summative Test</p> <p>Questions to text knowledge of the following:(making use of Exampro and topic tests)</p> <p>Pupils will also be set regular tests on Everlearner to check their knowledge and understanding of the course as we progress through the specification.</p> <ul style="list-style-type: none"> • Knowledge of major bones • Functions of the skeleton • Types of synovial joints • Types of movements at hinge and ball and socket joints • Location of major muscle groups • The roles of muscles in movement 	<p>Summative Test</p> <p>Questions to text knowledge of the following:(making use of Exampro and topic tests)</p> <p>Pupils will also be set regular tests on Everlearner to check their knowledge and understanding of the course as we progress through the specification.</p> <ul style="list-style-type: none"> • Lever systems • Planes and axes of rotation • Structure and function of cardiovascular system • Structure of the respiratory system • Aerobic and Anaerobic exercise • Short term effects of exercise • Long term effects of training 	<p>Summative Test</p> <p>Questions to text knowledge of the following:(making use of Exampro and topic tests)</p> <p>Pupils will also be set regular tests on Everlearner to check their knowledge and understanding of the course as we progress through the specification.</p> <ul style="list-style-type: none"> • All components of fitness • Definitions • Tests • Apply to practical examples 	<p>Summative Test</p> <p>Questions to text knowledge of the following:(making use of Exampro and topic tests)</p> <p>Pupils will also be set regular tests on Everlearner to check their knowledge and understanding of the course as we progress through the specification.</p> <ul style="list-style-type: none"> • Principles of training • Training methods • Prevention of injury strategies 	<p>Summative Test</p> <p>Questions to text knowledge of the following:(making use of Exampro and topic tests)</p> <p>Pupils will also be set regular tests on Everlearner to check their knowledge and understanding of the course as we progress through the specification.</p> <ul style="list-style-type: none"> • Different types of media • Golden triangle and its impact on participation and performance levels • Physical activity and sport trends in the UK • Factors affecting participation levels in physical activity and sport 	<p>Summative Test</p> <p>Questions to text knowledge of the following:(making use of Exampro and topic tests)</p> <p>Pupils will also be set regular tests on Everlearner to check their knowledge and understanding of the course as we progress through the specification.</p> <ul style="list-style-type: none"> • Ethics in sport • Drugs and PEDs in sport • Violence in sport



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How does Sports Psychology affect performance levels in sport?	What are the benefits of participating in physical activities and sport to Health, Fitness and Well-Being?	How do I identify strengths and weaknesses in a sports person's performance and plan an appropriate action plan to address such weaknesses? (coursework element)	What are my strengths and weaknesses of the theoretical elements of the course? (revision)	Do I know how to answer an exam paper in a clear and concise manner?
Knowledge	Knowledge	Knowledge	Knowledge	Knowledge
<ul style="list-style-type: none"> • Characteristics of a skilful performance • Classification of skills • Knowledge and use of Goal Setting to optimise performance levels • Knowledge and use of mental preparation to maximise performance levels • Knowledge and use of different types of Guidance • Knowledge and use of different types of feedback to maximise performance levels 	<ul style="list-style-type: none"> • Knowledge of health, fitness and well-being • Consequences of a Sedentary lifestyle on Mental, Social and Physical Health. • Diet and nutrition of a balanced diet 	<ul style="list-style-type: none"> • Fitness testing • Applying results to performance levels • Identify strengths and weaknesses of fitness and skill levels • Plan to address such weaknesses 	<ul style="list-style-type: none"> • Traffic light specification • Use of Everlearner • Revision booklets 	<ul style="list-style-type: none"> • Command words • Extended questions knowledge • Timing of questions
Skills & Procedural Knowledge	Skills & Procedural Knowledge	Skills & Procedural Knowledge	Skills & Procedural Knowledge	Skills & Procedural Knowledge
<p>Pupils will be able to recognise the characteristics of a skilful performance</p> <p>Pupils will be able to classify a range of skills on a difficulty and environmental continuum</p> <p>Pupils will recognise the importance of effective Goal setting and be able to set SMART goals in a sporting context</p> <p>Pupils will develop knowledge of a range of mental preparation techniques and apply to practical sporting examples</p> <p>Pupils will understand how different types of Guidance and Feedback can be used to</p>	<p>Pupils will understand what is meant by health, fitness and well-being</p> <p>Pupils will develop their knowledge of the consequences of a sedentary lifestyle to physical, mental and social health</p> <p>Pupils will know what a Balanced diet consists of and understand the value of each component of diet on performance levels</p> <p>Pupils will be able to apply practical examples to illustrate how diet and hydration vary from sport to sport</p>	<p>Learners will assess the physical fitness/strengths/weaknesses of the performer being analysed using tests for the different components of fitness.</p> <p>For a chosen physical activity learners will :</p> <ol style="list-style-type: none"> analyse the importance of the different components of fitness for the activity give an overview of the key skills in the activity assess the strengths/weaknesses of the performer being analysed in the activity. <p>For a specific skill or technique in the chosen activity learners will:</p> <ol style="list-style-type: none"> analyse a movement involved – joint, type of movement, muscle group(s), muscle 	<p>Pupils will reflect on their studies and highlight GCSE Specification identifying their strengths and weaknesses.</p> <p>Pupils will then take appropriate action to address their weaknesses through effective use of Everlearner, Google Classroom & revision booklets for each topic.</p>	<p>Pupils will be able to understand the key command words</p> <p>Pupils will practise attempting past papers, highlighting key words, lesson content and what else is required. Sticking to the time limit of 1 mark = 1 minute</p>

<p>improve performance levels and apply to practical sporting examples</p>		<p>function/role</p> <p>b. classify the skill on the difficulty and environmental continua. Produce an action plan (not to be implemented) to improve an aspect of the performance of the performer being analysed in the chosen activity</p> <p>The plan must include:</p> <ul style="list-style-type: none"> • which skill or component of fitness you are improving • justifications for the skill or component of fitness you have chosen to improve • drills and practices to show how you intend to improve the skill or component of fitness chosen, including: risk assessment, coaching points, principles of training and SMART goal setting 		
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