

Long term planning grid

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10 GCSE Physical training <u>What will be learnt?</u> Health Fitness and Exercise, The Components of Fitness, Fitness Testing, Principles of Training, The Long Term Effects of Exercise and Sporting Injuries. <u>Main outcomes</u> What are the links between Health, Fitness and exercise? What are the components of fitness across all sports and the importance of testing to show improvement What are the Principles of training and how can they create an effective training plan? What effects can training have on the body? What injuries could	Physical training revisited and linked to use of Drugs in sport <u>What will be learnt?</u> Positive effects of training revisited Reasons why some sports stars take drugs (PEDS) The different types of PEDS used and their positive and negative effects on the body <u>Main outcomes</u> What is the link between training and reasons why some sportspeople take drugs? What are the drugs used and why do people take them? What negative effects can they have on the individual or sport in general? <u>Assessment</u> Topic tests revisiting past topic Case study article on a specific sports star. Quizzes	Applied Anatomy and Physiology <u>What will be learnt?</u> The role of the human body and the different functions it has, this will be looked at within a sporting context and using examples that happen within sport. This topic covers lessons such as Functions of Skeletal System, Bone Classification, Muscle Types, Antagonistic Muscle Pairs, The Heart, The Respiratory System, The Vascular System and The Cardiac System <u>Main outcomes</u> What roles does the skeletal /muscular system have in movement in sport? What happens to the heart/blood when we exercise? What happens to the lungs when we breathe and how are they linked? <u>Assessment</u> Practical application and knowledge of heartrate and exercise intensities Practical understanding of blood pressure and breathing changes.	Applied Anatomy & Physiology Health Fitness and Well being <u>What will be learnt?</u> Continued work on the Cardio and Respiratory systems from previous half term. Physical, Emotional and Social Health, The Impact of Fitness and Well-being, Lifestyle Choices, A Balanced Diet and Maintaining a Healthy Weight. <u>Main outcomes</u> Understanding of work associated with cardio and respiratory systems Social, Mental and Physical well being What lifestyle choices can affect your health? What makes up a balanced and healthy diet? What can affect and how do people maintain optimum weight? How is it measured? <u>Assessment</u> Work booklet linked to lifestyle choices Diet evaluation Quizzes Topic test covering previous work	Physical Training (Fitness Testing) Personal Exercise Plan (PEP) – <u>What will be learnt?</u> This is a 6 week training programme that the class will participate in practically, this will include performing the 6 week training programme, keeping data based on training and fitness test taken in the programme and analysis of the training and fitness tests performed. <u>Main outcomes</u> Main areas to develop in their sport from video of performance Data analysis Understanding of the testing, training and adaptations made on the body in their chosen main sport Practical completion of the training programme <u>Assessment</u> Plan of training programme	Personal Exercise Programme <u>What will be learnt?</u> Structure of how to type up their PEP 1500 words external assessment Analysis of data produced and evidence acquired through training programme created Level of fitness achieved and factors affecting Goal setting <u>Main outcomes</u> Understanding of the link between fitness, training methods and effect on the body and improved performance. How goals are set <u>Assessment</u> Completion of PEP RESIDENTIAL COURSE	

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	<p>a performer sustain?</p> <p>Assessment Fitness testing and training practically undertaken and recorded Topic test Basic first aid certificate possible achieved</p> <p>Performance log monitored throughout the year on practical performance</p>		<p>Topic test and linked previous work Quizzes</p>		<p>Data recording booklet for tests, training record and heart rate</p>	
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