

	Year 10	Year 11
Cycle 1	<p>Health, fitness and well-being – Paper 2: Socio-cultural influences and well-being in physical activity and sport.</p> <ul style="list-style-type: none"> • The meaning of health and fitness: physical, mental/emotional and social health- linking participation in physical activity to exercise, sport to health and well-being. • The consequences of a sedentary lifestyle. • Obesity and how it may affect performance in physical activity and sport. • Somatotypes. • Energy use. • Reasons for having a balanced diet and the role of nutrients. • The role of carbohydrates, fat, protein, vitamins and minerals. • Reasons for maintaining water balance (hydration) and further applications of the topic area. <p>Applied anatomy and physiology – Paper 1: The human body and movement in physical activity and sport.</p> <ul style="list-style-type: none"> • Bones and the functions of the skeleton. • Structure of the skeletal system/functions of the skeleton. • Muscles of the body. • Structure of a synovial joint. • Types of freely moveable joints that allow different movements. • How joints differ in design to allow certain types of movement. • How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints. 	<p>Physical training – Paper 1: The human body and movement in physical activity and sport.</p> <ul style="list-style-type: none"> • Health and fitness recap, including the relationship between health and fitness. • The components of fitness. • Linking sports and activities to the required components of fitness. • Reasons for and limitations of fitness testing. • Measuring the components of fitness and demonstrating how data is collected. • The principles of training and overload. • Applications of the principles of training. • Types of training- including an introduction to the analysis and evaluation task. • Types of training (continued) with reference to the advantages and disadvantages of using these types for different sports. • Calculating intensity. • Considerations to prevent injury. • High altitude training and seasonal aspects. • Warming up and cooling down. • Application of the principles to the analysis and evaluation task.
Cycle 2	<p>Movement analysis – Paper 1: The human body and movement in physical activity and sport.</p> <ul style="list-style-type: none"> • First, second and third class levers. • Mechanical advantage. • Analysis of basic movements in sporting examples. • Planes and axes. <p>Applied anatomy and physiology – Paper 1: The human body and movement in physical activity and sport.</p>	<p>Sports psychology – Paper 2: Socio-cultural influences and well-being in physical activity and sport.</p> <ul style="list-style-type: none"> • Examples of and evaluation of the types of feedback and guidance. • Arousal and the Inverted U theory. • Application of how optimal arousal has to vary in relation to the skill/stress management techniques. • Aggression and personality.

	<ul style="list-style-type: none"> • The pathway of air and gaseous exchange. • Blood vessels. • Structure of the heart and the cardiac cycle (pathway of blood). • Cardiac output and stroke volume (including the effects of exercise). • Mechanics of breathing and interpretation of a spirometer trace. • Aerobic and anaerobic exercise. • Recovery/EPOC. • The short and long term effects of exercise. 	<ul style="list-style-type: none"> • Intrinsic and extrinsic motivation, including evaluation of their merits. <p>Performance assessment (practical performance) Moderated by AQA.</p> <p>Scholars are required to be assessed in three different activities in the role of player/performer only.</p> <p>One of these assessments must be in a team activity, one assessment must be in an individual activity, with the third assessment being in either a team or individual activity.</p> <p>Scholars can only be assessed in activities identified in the AQA specification, which are those stipulated in the Department for Education's GCSE PE activity list. Scholars cannot be assessed in any other activity.</p>
<p>Cycle 3</p>	<p>Sports psychology – Paper 2: Socio-cultural influences and well-being in physical activity and sport.</p> <ul style="list-style-type: none"> • Skill and ability, including classification of skill. • Definitions and types of goals. • The use and evaluation of setting performance and outcome goals, including the use of SMART targets to improve/optimize performance. • Basic information processing. • Revision of Year One content. <p>Mock exam.</p> <p>Exam on Year 1 content, in exam conditions in the sportshall.</p> <p>Analysis and Evaluation of Performance (Coursework)</p> <p>Scholars are required to analyse and evaluate performance in one activity from the specification. Scholars can analyse and evaluate their own performance or the performance of another person, so long as it is in an activity that is from the specification.</p> <p>Scholars are required to analyse and evaluate performance to identify two strengths and two weaknesses. They then need to produce an action plan that suggests ways to improve upon the two weaknesses that they have identified.</p>	<p>Socio-cultural influences – Paper 2: Socio-cultural influences and well-being in physical activity and sport.</p> <ul style="list-style-type: none"> • Engagement patterns and the factors affecting them. • Commercialisation, sponsorship and the media. • Positive and negative impacts of sponsorship and the media. • Positive and negative impacts of technology. • Conduct of performers and introduction to drugs. • Sporting examples of drug taking. • Advantages/disadvantages to the performer/the sport of taking PED's. • Spectator behaviour and hooliganism, including strategies to combat hooliganism. <p>Revision and exam technique including mock exam.</p> <p>Exam on Year 2 content, in exam conditions in the sportshall.</p> <p>Final Exams</p> <p>Paper 1: The human body and movement in physical activity and sport</p> <ul style="list-style-type: none"> • Applied anatomy and physiology • Movement analysis • Physical training

		Paper 2: Socio-cultural influences and well-being in physical activity and sport <ul style="list-style-type: none">• Sports psychology• Socio-cultural influences• Health, fitness and well-being
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