



The curriculum for this stage of students' education has been designed to develop student's knowledge and understanding of our anatomy and physiology. Students should be able to apply this knowledge to analyse a range of different sporting actions. Students should develop their ability to collect and analyse data and enhance their literacy skills through extended writing. Students will develop the ability to identify and select relevant information and examples to support their ideas.

<p>HALF TERM 1: Applied Anatomy & Physiology – Skeletal System.</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> Names of major bones and joints. Structure of the skeleton. Functions of the skeleton. Structure of synovial joints. How joints facilitate movement. Different types of movement possible at major joint sites (Shoulder, elbow, hip, knee and ankle). <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none"> Knowledge recall in starters and plenaries. <p>End of unit formal exam – designed to cover all unit content.</p>	<p>HALF TERM 2: Applied Anatomy & Physiology – Muscular System.</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> Names of major muscle groups. The role of connective tissue. Types of muscular contractions. Explain how muscles work in antagonistic pairs. How the muscular and skeletal system are connected and how movement is produced. Lever systems. Planes of movement and axes of rotation. <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none"> Knowledge recall in starters and plenaries. <p>End of unit formal exam – designed to cover all unit content.</p>	<p>HALF TERM 3: Cardio-Respiratory System.</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> Structure and function of the respiratory system. Pathway of air. Mechanics of breathing. Gaseous exchange. Interpretation of a spirometer trace. The effects of exercise on the respiratory system (short term and long term). Aerobic and anaerobic respiration. <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none"> Knowledge recall in starters and plenaries. <p>End of unit formal exam – designed to cover all unit content.</p>
<p>HALF TERM 4: Cardio-Respiratory System.</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> Structure and function of the heart. Structure and function of blood vessels. The cardiac cycle and pathway of blood. Cardiac output and stroke volume. The immediate, short-term and long-term effects of exercise. Aerobic and anaerobic respiration. EPOC and recovery from vigorous exercise. <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none"> Knowledge recall in starters and plenaries. <p>End of unit formal exam – designed to cover all unit content.</p>	<p>HALF TERM 5: Movement Analysis.</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> Identify first, second and third-class lever systems. Position of fulcrum, load and effort within each system. Sporting examples of all lever systems. How mechanical advantage is calculated. Analysis of basic movements in sporting examples. Identify planes and axes of movement in sporting examples. <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none"> Knowledge recall in starters and plenaries. <p>End of unit formal exam – designed to cover all unit content.</p>	<p>HALF TERM 6: Physical Training.</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> Definitions of health and fitness and how they are related. The components of fitness. Link sports and positions within a sport to specific components. Fitness test for each component. Limitations of fitness testing. Use of data – how fitness testing data can be used. <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none"> Knowledge recall in starters and plenaries. <p>End of unit formal exam – designed to cover all unit content.</p>

Embedding this knowledge can be supported at home by reviewing class notes, reading revision guide, completing set independent study tasks, watching and participating in sporting activities – understanding current issues in the sporting world. Practical work can be supported by attending extra-curricular clubs and competing for teams inside and outside of College.