





The curriculum for this stage of students' education has been designed to introduce structures and functions of the skeletal, muscular, respiratory, cardiovascular and energy systems with a particular emphasis on how the heart works as it does, and, how it works with the lungs to allow people to cope with the demands of sport. Furthermore, students will explore the principles of fitness testing including factors affecting the selection and administration of tests such as ensuring the validity, reliability and suitability of tests. They will explore a range of laboratory and field-based fitness tests, investigating how to administer tests and learn to evaluate and compare results to draw meaningful conclusions about a specific person's fitness.

<p><b>HALF TERM 1</b> Unit 5: Application of Fitness Testing.</p> <p><b>STUDENTS MUST KNOW:</b></p> <p>A - The principles of fitness testing:</p> <ul style="list-style-type: none"> <li>• Validity and reliability of fitness tests.</li> <li>• Practicality and suitability of fitness tests.</li> <li>• Ethical issues associated with fitness screening.</li> </ul> <p>B – Which tests measure different components of fitness:</p> <ul style="list-style-type: none"> <li>• Tests to assess components of physical fitness.</li> <li>• Tests to assess components of skill-related fitness.</li> <li>• How to plan a range of fitness tests.</li> <li>• How to administer a range of fitness tests.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Written piece of coursework.</p>	<p><b>HALF TERM 2</b> Unit 5: Application of Fitness Testing.</p> <p><b>STUDENTS MUST KNOW:</b></p> <p>C – To Evaluate and feedback results of different fitness tests:</p> <ul style="list-style-type: none"> <li>• Produce a fitness profile for a selected sports performer.</li> <li>• Provide feedback to a selected sports performer.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Written piece of coursework, supported by video evidence of fitness testing administration.</p>	<p><b>HALF TERM 3</b> Unit 1: Anatomy and Physiology</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• The structure and functions of the skeletal system.</li> <li>• How to identify joints in the body and related synovial joint actions.</li> <li>• The responses and adaptations of the skeletal system to sport and exercise.</li> <li>• The factors that affect the skeletal system.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> End of topic tests, recap prior learning starter questions, quizzes, GL tasks. Summer Term exam.</p>
<p><b>HALF TERM 4</b> Unit 1: Anatomy and Physiology</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• The characteristics and functions of the different types of muscles.</li> <li>• The location of the major muscles in the body and identify the movement of muscles in antagonistic pairs.</li> <li>• The different types of skeletal muscle contraction and the different muscle fibre types.</li> <li>• The responses and adaptations of the muscular system to exercise and other additional factors.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> End of topic tests, recap prior learning starter questions, quizzes, GL tasks. Summer Term exam.</p>	<p><b>HALF TERM 5</b> Unit 1: Anatomy and Physiology</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• The structure and function of the respiratory system.</li> <li>• The lung volumes used in exercise and a typical response.</li> <li>• How to describe the control mechanisms of breathing.</li> <li>• The responses and adaptations of the respiratory system to exercise and other additional factors.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> End of topic tests, recap prior learning starter questions, quizzes, GL tasks. Summer Term exam.</p>	<p><b>HALF TERM 6</b> Unit 1: Anatomy and Physiology</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• The structure and function of the cardiovascular system.</li> <li>• How the cardiac cycle is controlled and how it changes during exercise.</li> <li>• Responses and adaptations of the cardiovascular system to exercise and additional factors.</li> <li>• The role of ATP in muscular contractions.</li> <li>• The three major energy systems of the body and how they adapt to exercise.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> End of topic tests, recap prior learning starter questions, quizzes, GL tasks. Summer Term exam.</p>

**Embedding this knowledge can be supported at home by reviewing class notes, guided learning wider reading, exam practice questions, independent research and study, completing set independent study tasks, watching and participating in sporting activities – understanding current issues in the sporting world.**