





The curriculum for this stage of students' education has been designed to give them knowledge of how physical and skill-related fitness components link to positive health and wellbeing, and, how sports performers undertake tailored sports specific training methods in order to improve and maintain fitness levels required for their sports. Students will gain knowledge of the importance of fitness testing and how results from baseline tests are used by performers and coaches to inform, plan and track fitness training over time. The curriculum for the second part of the year has been designed to enable learners to develop their own practical sports performance by introducing them to a variety of different sports in a practical setting, giving them the opportunity to develop knowledge of rules, regulations and scoring systems and the techniques and tactics used to successfully participate in sports. Knowledge acquired in the first 2 units will enable students to review their own performance in selected sports and devise an action plan for how improvements can be made. This year will lay the foundations for Year 11 study where they will progress further onto the implementation of training diaries.

<p>HALF TERM 1: Unit 1: Fitness for Sport & Exercise (EXAM) Learning Aim A: Know about the components of fitness and the principles of training. STUDENTS MUST KNOW: A1: Components of physical fitness A2: Components of skill related fitness A3: Why fitness components are important for successful participation in given sports A4: Exercise intensity and how it can be determined A5: The basic principles of training (FITT) A6: Additional principles of training HOW THIS WILL BE ASSESSED: Knowledge recall in starters and plenaries. End of unit assessment (exam board questions & mark scheme) Homework tasks.</p>	<p>HALF TERM 2: Unit 1: Fitness for Sport & Exercise (EXAM) Learning Aim B/C: Explore different fitness training methods/ Investigate fitness testing to determine fitness levels. STUDENTS MUST KNOW: B1: Requirements for each of the fitness training methods B2: Additional requirements for each of the fitness training methods B3: Methods of training C1: Fitness tests for components of fitness C2: Importance of fitness testing to sports performers and coaches HOW THIS WILL BE ASSESSED: Knowledge recall in starters and plenaries. End of unit assessment (exam board questions & mark scheme). Homework tasks.</p>	<p>HALF TERM 3: Unit 1: Fitness for Sport & Exercise (EXAM) Learning Aim C: Investigate fitness testing to determine fitness levels/ Exam Prep, Revision & on-screen EXAM. STUDENTS MUST KNOW: C3: How to administer fitness tests C4: How to Interpret fitness test results ❖ Revision methods/techniques ❖ Exam technique – how to answer longer answer questions HOW THIS WILL BE ASSESSED: Knowledge recall in starters and plenaries. Revision activities/sessions. EXAM – Early Feb.</p>
<p>HALF TERM 4: Unit 2: Practical Performance in Sport Learning Aim A: Understand the rules, Regulations and scoring systems for selected sports. STUDENTS MUST KNOW: A1: Rules/Laws in selected sports A2: Regulations in selected sports A3: Scoring systems in selected sports A4: How to apply rules in sporting situations A5: Roles of officials A6: Responsibilities of officials HOW THIS WILL BE ASSESSED: Written piece of coursework. A4: Practical assessment – Acting as an official in a selected sport.</p>	<p>HALF TERM 5: Unit 2: Practical Performance in Sport Learning Aim B: Practically demonstrate skills, techniques and tactics in selected sports. STUDENTS MUST KNOW: B1: Technical demands in selected sports B2: Tactical demands in selected sports B3: How to participate safely and appropriately B4: How to effectively use skills, techniques and tactics in selected sports. B5: Different types of practice – isolated/conditioned B6: How to apply skills in competitive situations HOW THIS WILL BE ASSESSED: Written piece of coursework. B4 – B6: Practical assessment – Performer in team and individual sports.</p>	<p>HALF TERM 6: Unit 2: Practical Performance in Sport Learning Aims C: To be able to review sports performance. STUDENTS MUST KNOW: C1: How to produce an observational checklist to review own performance in selected sports C2: How to review own performance in selected sports. HOW THIS WILL BE ASSESSED: Written piece of coursework.</p>

Embedding this knowledge can be supported at home by
 Reviewing class notes, reading revision guide, completing set independent study tasks, watching, participating and officiating in sporting activities