

Calendar	Topic	Assessment	Sequencing and Coherence <i>concepts - themes - skills</i>	Literacy <i>reading - vocabulary - oracy - writing</i>
Autumn Half Term 1	<i>Paper 2: Socio-cultural influences and well-being in physical activity and sport</i>	<i>Pupils will sit an end of unit exam on full chapter studied. The exam will be out of 40 marks, and will include a variety of A01, A02 and A03 questions. The exam will consist of one 6 – 9 mark question.</i> <i>Grades will be awarded in line with the AQA 2023 grade boundaries.</i> <i>Following the teacher marking of the exam, pupils will have a full exam review lesson with written feedback and MAD (make a difference) tasks.</i>	<ul style="list-style-type: none"> General health and fitness must be understood before applied anatomy and physiology can be taught Topic visited in year 9 and is one of the 'easier' topics from the course <p><u>Declarative Knowledge</u> – key terms and definitions including listed in the topic sections</p> <p><u>Procedural and application</u> – A01, A02 and A03 questioning development. Pupils will explore the different command words and will practice applying their knowledge to a variety of different sporting examples and scenarios</p>	<ul style="list-style-type: none"> Key word glossary given out Command word glossary allocated to all pupils Use of WAGOLLS for developing 6 – 9-mark questions Structure support sheets used for developing A03 responses Full mark scheme with written response examples given to all pupils on exam review lesson Reading starters including newspaper articles, fact sheets and text book readings <p>Discussions with pupils through structuring, guiding, questioning and collaborating information/facts allows pupils to gain a clear understanding of topics and how to answer exam questions and allows the teacher to assess pupils knowledge and understanding.</p>
	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>Autumn Term</p> <p>Half Term 2</p>	<p>Applied anatomy and physiology – Paper 1: The human body and movement in physical activity and sport.</p> <p>Bones and the functions of the skeleton.</p> <p>Structure of the skeletal system/functions of the skeleton.</p> <p>Muscles of the body.</p> <p>Structure of a synovial joint.</p> <p>Types of freely moveable joints that allow different movements.</p> <p>How joints differ in design to allow certain types of movement.</p> <p>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>	<p><i>Pupils will sit an end of unit exam on full chapter studied. The exam will be out of 40 marks, and will include a variety of A01, A02 and A03 questions. The exam will consist of one 6 – 9 mark question.</i></p> <p><i>Grades will be awarded in line with the AQA 2023 grade boundaries.</i></p> <p><i>Following the teacher marking of the exam, pupils will have a full exam review lesson with written feedback and MAD (make a difference) tasks</i></p>	<ul style="list-style-type: none"> • Skeletal system and muscular system must be taught together to understand movement • Movement and muscular/skeletal system must be taught before movement analysis • Content needs to be taught before the coursework can be started as pupils must refer to muscular/skeletal system in the coursework <p>Declarative Knowledge – key terms and definitions including listed in the topic sections</p> <p>Procedural and application – A01, A02 and A03 questioning development. Pupils will explore the different command words and will practice applying their knowledge to a variety of different sporting examples and scenarios</p>	<ul style="list-style-type: none"> • Key word glossary given out • Command word glossary allocated to all pupils • Use of WAGOLLS for developing 6 – 9-mark questions • Structure support sheets used for developing A03 responses • Full mark scheme with written response examples given to all pupils on exam review lesson • Reading starters including newspaper articles, fact sheets and text book readings <p>Discussions with pupils through structuring, guiding, questioning and collaborating information/facts allows pupils to gain a clear understanding of topics and how to answer exam questions and allows the teacher to assess pupils knowledge and understanding.</p>
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<p>Spring Term</p> <p>Half Term 3</p>	<p>Movement analysis – Paper 1: The human body and movement in physical activity and sport</p> <p>First, second and third class levers.</p> <p>Mechanical advantage.</p> <p>Analysis of basic movements in sporting examples.</p> <p>Analysis of basic movements in sporting examples.</p> <p>Planes and axes.</p>	<p><i>Pupils will sit an end of unit exam on full chapter studied. The exam will be out of 40 marks, and will include a variety of A01, A02 and A03 questions. The exam will consist of one 6 – 9 mark question.</i></p> <p><i>Grades will be awarded in line with the AQA 2023 grade boundaries.</i></p> <p><i>Following the teacher marking of the exam, pupils will have a full exam review lesson with written feedback and MAD (make a difference) tasks</i></p>	<p>Follows on from applied anatomy and physiology so pupils can understand how movement is brought about. Shorter time spent on this topic and less application as pupils will only receive A01 and A02 style questions on this</p> <p><u>Declarative Knowledge</u> – key terms and definitions including listed in the topic sections</p> <p><u>Procedural and application</u> – A01, A02 and A03 questioning development. Pupils will explore the different command words and will practice applying their knowledge to a variety of different sporting examples and scenarios</p>	<ul style="list-style-type: none"> • Key word glossary given out • Command word glossary allocated to all pupils • Use of WAGOLLS for developing 6 – 9-mark questions • Structure support sheets used for developing A03 responses • Full mark scheme with written response examples given to all pupils on exam review lesson • Reading starters including newspaper articles, fact sheets and text book readings <p>Discussions with pupils through structuring, guiding, questioning and collaborating information/facts allows pupils to gain a clear understanding of topics and how to answer exam questions and allows the teacher to assess pupils knowledge and understanding.</p>
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<p>Spring Term</p> <p>Half Term 4</p>	<p>Applied anatomy and physiology – Paper 1: The human body and movement in physical activity and sport.</p> <p>The pathway of air and gaseous exchange.</p> <p>Blood vessels.</p> <p>Structure of the heart and the cardiac cycle (pathway of blood).</p> <p>Cardiac output and stroke volume (including the effects of exercise).</p> <p>Mechanics of breathing and interpretation of a spirometer trace.</p> <p>Aerobic and anaerobic exercise.</p> <p>Recovery/EPOC.</p> <p>The short and long term effects of exercise.</p>	<p><i>Pupils will sit an end of unit exam on full chapter studied. The exam will be out of 40 marks, and will include a variety of A01, A02 and A03 questions. The exam will consist of one 6 – 9 mark question.</i></p> <p><i>Grades will be awarded in line with the AQA 2023 grade boundaries.</i></p> <p><i>Following the teacher marking of the exam, pupils will have a full exam review lesson with written feedback and MAD (make a difference) tasks</i></p>	<p>Cardio-respiratory system must be taught before aerobic and anaerobic exercise.</p> <p>Cardio-respiratory system must be taught before sports psychology and physical training so that the effects of exercise on the body can be understood</p> <p><u>Declarative Knowledge</u> – key terms and definitions including listed in the topic sections</p> <p><u>Procedural and application</u> – A01, A02 and A03 questioning development. Pupils will explore the different command words and will practice applying their knowledge to a variety of different sporting examples and scenarios</p>	<ul style="list-style-type: none"> • Key word glossary given out • Command word glossary allocated to all pupils • Use of WAGOLLS for developing 6 – 9-mark questions • Structure support sheets used for developing A03 responses • Full mark scheme with written response examples given to all pupils on exam review lesson • Reading starters including newspaper articles, fact sheets and text book readings <p>Discussions with pupils through structuring, guiding, questioning and collaborating information/facts allows pupils to gain a clear understanding of topics and how to answer exam questions and allows the teacher to assess pupils knowledge and understanding.</p>
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<p>Summer Term</p> <p>Half Term 5</p>	<p>Sports psychology – Paper 2: Socio-cultural influences and well-being in physical activity and sport.</p> <div data-bbox="264 292 703 727"> <p>Skill and ability, including classification of skill.</p> <p>Definitions and types of goals.</p> <p>The use and evaluation of setting performance and outcome goals, including the use of SMART targets to improve/optimise performance.</p> </div>	<p><i>Pupils will sit an end of unit exam on full chapter studied. The exam will be out of 40 marks, and will include a variety of A01, A02 and A03 questions. The exam will consist of one 6 – 9 mark question.</i></p> <p><i>Grades will be awarded in line with the AQA 2023 grade boundaries.</i></p> <p><i>Following the teacher marking of the exam, pupils will have a full exam review lesson with written feedback and MAD (make a difference) tasks</i></p>	<p>Skill classification and goal setting must be taught before coursework has started so that pupils can create an action plan for their evaluation</p> <p><u>Declarative Knowledge</u> – key terms and definitions including listed in the topic sections</p> <p><u>Procedural and application</u> – A01, A02 and A03 questioning development. Pupils will explore the different command words and will practice applying their knowledge to a variety of different sporting examples and scenarios</p>	<ul style="list-style-type: none"> • Key word glossary given out • Command word glossary allocated to all pupils • Use of WAGOLLS for developing 6 – 9-mark questions • Structure support sheets used for developing A03 responses • Full mark scheme with written response examples given to all pupils on exam review lesson • Reading starters including newspaper articles, fact sheets and text book readings <p>Discussions with pupils through structuring, guiding, questioning and collaborating information/facts allows pupils to gain a clear understanding of topics and how to answer exam questions and allows the teacher to assess pupils knowledge and understanding.</p>
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<p>Summer Term</p> <p>Half Term 6</p>	<p>NEA Coursework</p> <p>Pupils will be taught the requirements of coursework completion. They will start to explore part 1, analysis of performance. Pupils are required produce a written piece of work based on their strengths and weaknesses of performance in a chosen practical activity taken from the specification.</p>	<p>Coursework completion will be reviewed after the 6-week break. No formal written feedback is permitted, but whole class feedback will be given to support progress.</p>	<p>Coursework started before the break for summer so that pupils can complete part 1 before starting year 11</p> <p><u>Declarative Knowledge</u> – key terms and definitions including listed in the topic sections</p> <p><u>Procedural and application</u> – A01, A02 and A03 questioning development. Pupils will explore the different command words and will practice applying their knowledge to a variety of different sporting examples and scenarios</p>	<ul style="list-style-type: none"> • Coursework examples issued to pupils to read through • Support booklet with sentence starters • Assessment grid issued to pupils to read • Discussions and information given in line with AQA allowance.
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