

Week 2 11 th Jan KM		Week 2 13 th Jan KM/LC		Week 3 18 th Jan KM		Week 3 20 th Jan KM/LC		Week 4 25 th Jan KM		Week 4 27 th Jan KM/LC		Week 5 1 st Feb – Just LC		Week 6 8 th Feb			Week 7 22 nd Feb		Week 8 1 st March																						
Content	Assess	Content	Assess	Content	Assess	Content	Assess	Content	Assess	Content	Assess	Content	Assess	Content	Assess		Content	Assess	Content	Assess																					
Aerobic training – Factors affecting VO2max, methods of evaluating VO2max and karvonen’s principle.		Exam questions on aerobic training – FAR marking and feedback to pupils NearPOD live exam question		P1 - Aerobic training – types of aerobic training and physiological adaptations to aerobic training. P2 - Non-legal ergogenic aids - Identify all non-legal aids, explain methods and compare outcomes		P1 - NearPod live exam question during the lesson – pupils will receive verbal feedback. P2 – Exam question 10 mark question on non-legal ergogenic aids – FAR marking and feedback to pupils		Strength training – Types of strength and factors that affect strength.		NearPod assessment during the lesson		P1 - Strength training - methods of evaluating strength and types of training. P2 - Flexibility training – Types of flexibility, affecting factors and evaluation		P1 - NearPod quiz during the lesson and FAR marking of strength training exam question			Periodisation of training		Kahoot assessment set for homework		P1 - Impact of training on lifestyle diseases P2 - Flexibility training – Types of training and adaptations		Exam questions on flexibility – FAR marking and feedback to pupils		Exercise physiology assessment and Biomechanics Newtons laws of motion and calculations – know, understand and apply Newtons law. Identify and calculate velocity, momentum, acceleration and force		End of unit assessment for exercise physiology – FAR marking and feedback to pupils		Monday – Forces. Wednesday – Forces and free body diagrams K&U of force and its effects. New def – Net force, balanced and unbalanced forces. Explain how all forces can maximise performance. Correctly explain and apply Vertical and horizontal forces. Including free body diagrams		Exam questions Q3b (5) 2017 - FAR marking and feedback to pupils		Half-term		Monday – Levers. Wednesday – Centre of mass and stability. Analysis through the use of technology . Know and apply the different types of levers, analysing mechanical advantages and disadvantages. Understanding C of M and how to maximise and minimise stability to enhance performance. K&U of the new biomechanical technologies used to analyse and enhance performance.		Exam questions – 3e (6) 2017 - FAR marking and feedback to pupils		End of unit assessment for biomechanics. DIRT. Revision Pupils will complete end of unit assessment to show any gaps in knowledge for their return. From this, revision/ review of learning sessions will take place.		End of unit assessment and DIRT - FAR marking and feedback to pupils
Verbal feedback given to class weekly																																									