

Term 1											
L1 – Major muscles and bones of the body		L2+3 – Joints, movements and muscles – shoulder		L4 – Joints, movements and muscles – elbow		L7 – Joints, movements and muscles – knee		L5+6 - Joints, movements and muscles – wrist and hip		7/9/20	
L4 – Joints, movements and muscles – knee		L8- Joints, movements and muscles – ankle		L9 – Assessment – J, M + M		14/9/20		21/9/20		7/6/21	
L10 – DIRT and common errors		L11+12 - Types of contraction and movement analysis		L14+15 – Structure + role motor unit		28/2/20		L17+18 – Muscle fibres types		5/10/20	
L13 – Movement analysis		L20 – DIRT and common errors		L21 – Cardiac cycle structure		12/10/20		L24 – CV system at rest – diastole and systole		19/10/20	
L16 – Muscle fibres		L22 – Conduction system		L23 – Conduction system linked to the cardiac cycle		L26 – HR, SV + Q at exercise and recovery		L27 – Redistribution of Q		2/11/20	
L19 – Assessment Mus/ske sys		L28 – Vascular shunt mechanism		L29 – Mechanisms of venous return		L30 – Regulation of HR – neural, hormonal and intrinsic factors		L32 – Assessment CV system		9/11/20	
L31 – Regulation of HR – neural, hormonal and intrinsic factors		L34 – DIRT and common errors		L35+36 – Mechanics of breathing during rest, exercise and recovery		L37 – External + internal respiration		L38+39 – Breathing frequency, tidal volume and minute vent at rest and response to exercise and recovery.		30/11/20	
L40 – Regulation of breathing during exercise – neural + chemical control		L41 – Regulation of breathing during exercise – neural + chemical control		L42 – Effects of different intensities of ex + recovery on gase/exc at alveoli and muscles		L43 – Effects of different intensities of ex + recovery on		L44 – Ox haemoglobin dissociation curve		14/12/20	
L46 – DIRT and common errors		L47 – Diet and Nutrition, energy intake, expenditure +balance		L48 – Legal Ergogenic aids		L49 – Non – legal Ergogenic aids		L50 – Aerobic training		5/1 – Aerobic training	
L52 - Strength training		L53 – Strength training		L54 - Flexibility training		L55- Flexibility training		L56– Periodisation of Training		L57 – Impact of training on lifestyle diseases	
L58 – Assessment Exe Physio		L59 – DIRT and common errors		L60 – Newtons Laws of Motion and calculations		L61 - Forces		L62 - Forces		L63 – Free body diagrams	
L64 - Levers		L65 – Centre of mass and stability		L66 – Analysis through the use of technology		L67 – Assessment Biomechanics		L68 – DIRT and common errors		Revision for mocks	
Key vocabulary/ literacy		Revision for mocks		Revision for mocks		Revision for mock		Revision for mock/DIRT		15/3/21	
Progress and assessment		EAPI prep		EAPI prep		EAPI prep		EAPI prep		22/3/21	
AS PE bridge project to prepare students for study in year 13 and A2		PE Project includes:		1. Preparation and training methods		3/5/21		EAPI prep		10/5/21	
• The vast majority of lessons will always have a past paper question to consolidate the knowledge just learned. These will always be sprung on students throughout to test 'stickability'.		2. Diet and ergogenic aids		EAPI prep		EAPI prep		EAPI prep		17/5/21	
• Low stakes tests will allow teacher to monitor live progress and careful plan for misconceptions and re-teach if needed.		3. Skeletal and muscular systems		EAPI prep		EAPI prep		EAPI prep		24/5/21	
• Each topic will have clearly defined key vocabulary that derives from the specification that students will need to demonstrate their knowledge off and be able to change their answer depending on the question command word.		4. Cardiovascular and respiratory systems		EAPI prep		EAPI prep		EAPI prep		28/6/21	
• AO1 25%. AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.		5. Biomechanical principles		EAPI prep		EAPI prep		EAPI prep		5/7/21	
• AO2 25%. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.		• AO3 20%. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.		• AO4 30%. AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.		• Holiday- 1 Week		• Holiday- 2 Weeks		• Holiday- 1 Week	
• AO1 25%. AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.		• Holiday- 2 Weeks		• Holiday- 1 Week		• Holiday- 1 Week		• Holiday- 2 Weeks		• Holiday- 1 Week	
• AO2 25%. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.		• Holiday- 1 Week		• Holiday- 2 Weeks		• Holiday- 1 Week		• Holiday- 2 Weeks		• Holiday- 1 Week	
• AO3 20%. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.		• Holiday- 2 Weeks		• Holiday- 1 Week		• Holiday- 2 Weeks		• Holiday- 1 Week		• Holiday- 2 Weeks	
• AO4 30%. AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.		• Holiday- 1 Week		• Holiday- 2 Weeks		• Holiday- 1 Week		• Holiday- 2 Weeks		• Holiday- 1 Week	

Connected knowledge	<p>Links to GCSE PE / VCERT Sport: Structure and functions of the 4 body systems and how they support the body to be involved in physical activity and sport. Workings of the muscular system including types of muscles, fibres and movements produced. Skeletal system for makeup of bones and ligaments and these provide a framework for all movement. Respiratory system for how we control breathing in and breathing out and the effects these have on performance. Cardiovascular system to understand how the cardiac cycle produces energy rich oxygenated blood. Understanding of fitness and effects of exercise and how these effects the workings of the body systems.</p> <p>Links to Core PE, years 7-11: How the body systems are practically used to support sporting activity. Types and names of the major muscles and bones. How we prepare both physically and mentally for sporting performance. How we use different types of feedback and guidance to ensure best possible coaching / teaching to improve performance.</p> <p>Links to Science / Biology and chemistry: Build on the knowledge taught in biology where students increase their knowledge on the 4 body systems. Build on the knowledge taught in chemistry in relation to energy for exercise.</p>
Impact	<p>The impact of this curriculum will be:</p> <ul style="list-style-type: none"> • Students able to build on prior learning and demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity. • Students will be able to apply this knowledge to relevant situations relating to all theory consumed. • Students will be able to use all knowledge gained from across the schools curriculums to analyse and evaluate factors that underpin performance.