

Timeline	Topic	Key concepts and knowledge	Skills development	Rationale
Y11 - half term 1	Applied Anatomy and Physiology - Physical Training	Personal Exercise Plan coursework	PPE Principle Present their work in a neat manner. Analyse their verbal responses and improve them. Use Feedback to help them reflect on their work and improve it.	10% coursework.
Y11 – half term 2	Health and Performance - Physical, emotional and social health, fitness and well-being	Physical health, Emotional health, Social health Lifestyle choices A sedentary lifestyle and its consequences: The nutritional requirements and ratio of nutrients for a balanced diet + The role and importance of micronutrients.	PPE Principle Present their work in a neat manner. Analyse their verbal responses and improve them. Use Feedback to help them reflect on their work and improve it.	Pupils learn the components of a healthy active lifestyle.
Y11 – half term 2	Health and Performance - Health, Fitness and Wellbeing The consequences of a sedentary lifestyle Energy use, diet, nutrition and hydration	The factors affecting optimum weight: The correct energy balance to maintain a healthy weight and hydration	PPE Principle Present their work in a neat manner. Analyse their verbal responses and improve them. Use Feedback to help them reflect on their work and improve it.	Pupils learn the components of a healthy diet in order to be able to modify the macro nutrients and therefore energy consumption.

<p>Y11 – half term 3</p>	<p>Health and Performance –</p> <p>Sport Psychology - In this topic students will develop knowledge and understanding of the psychological factors that can affect performers and their performance in physical activity and sport through the following content.</p>	<p>Classification of skills (basic/complex, open/closed)</p> <p>Practice Structures (massed, distributed, fixed, variable).</p> <p>The use of goal setting and SMART targets to improve and/or optimise performance</p>	<p>PPE Principle</p> <p>Present their work in a neat manner. Analyse their verbal responses and improve them.</p> <p>Use Feedback to help them reflect on their work and improve it.</p>	<p>Pupils understand what skill is and how coaches can effectively develop performance</p>
<p>Y11 – half term 4</p>	<p>Health and Performance – Guidance and feedback on performance</p> <p>Sport Psychology - Engagement patterns of different social groups in physical activity and sport</p> <p>Socio-cultural influences - Commercialisation of Physical activity and sport</p> <p>Ethical and socio-cultural issues in physical activity and sport</p>	<p>Types of Guidance</p> <p>Advantages and disadvantages of each type of guidance.</p> <p>Types of Feedback</p> <p>Mental Preparation</p> <p>Participation rates in physical activity</p> <p>The relationship between commercialisation, the media and physical activity and sport</p> <p>The advantages and disadvantages of commercialisation</p> <p>The different types of sporting behaviour</p>	<p>PPE Principle</p> <p>Present their work in a neat manner. Analyse their verbal responses and improve them.</p> <p>Use Feedback to help them reflect on their work and improve it.</p>	<p>Pupils learn about the external influences on sport and how they may affect it and athlete behaviour.</p>

Y11 – half term 5-6	Revision and the Exam			
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