



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
<b>Movement Analysis</b>	Lever Systems—first, second and third class levers  Mechanical advantage in sport  Joint classifications  Movement at joints—linked to sport  Planes and axes of movement	Lever  Fulcrum  Effort  Load  Class of lever -Load arm  Effort arm  Mechanical advantage  Mechanical disadvantage  Plane, Axis  Frontal Plane  Sagittal Plane  Transverse Plane  Frontal axis  Sagittal axis  Vertical axis	Recap skeleton– functions of bones—levers  Lever Systems—first, second and third class levers  Mechanical advantage in sport  Recap Joint classifications  Recap Movement at joints—linked to sport  Planes and axes of movement	Science—Physics Biomechanics  Literacy—Key words and 9 mark questions  Maths – levers	Everlearner for revision  Revision for end of unit tests  Spelling tests  Question sheets



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<p><b>Health, Fitness and Wellbeing</b></p>	<p>Physical, emotional and social health</p> <p>Lifestyle choices</p> <p>Sedentary lifestyle and consequences</p> <p>Balanced diet and the role of nutrients</p> <p>Dietary manipulation in sport</p> <p>Optimum weight</p> <p>Use of data</p>	<p>Health / Well-being</p> <p>Quantitative data</p> <p>Qualitative data</p> <p>Fitness</p> <p>Lifestyle choices</p> <p>Sedentary lifestyle</p> <p>Overweight /</p> <p>Overfat / Obese</p> <p>Macronutrients</p> <p>Carbohydrate loading</p> <p>Micronutrients</p> <p>Hydration</p> <p>Optimum weight</p> <p>Energy balance</p>	<p>Physical, emotional and social health</p> <p>Lifestyle choices</p> <p>Sedentary lifestyle and consequences</p> <p>Balanced diet and the role of nutrients</p> <p>Dietary manipulation in sport</p> <p>Optimum weight</p>	<p>Wellbeing—PHSE</p> <p>Healthy Active Lifestyles</p> <p>Science—Diet</p> <p>Maths—use of data</p>	<p>Everlearner for revision</p> <p>Revision for end of unit tests</p> <p>Spelling tests</p> <p>Question sheets</p>



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<p><b>Sports Psychology</b></p>	<p>Goal setting - SMART targets</p> <p>Classification of skills</p> <p>Forms of practice</p> <p>Types of guidance</p> <p>Use of data</p>	<p>Skill / Continuum</p> <p>Closed—Open skills</p> <p>Basic—Complex</p> <p>Low—High</p> <p>Fixed, Variable</p> <p>Massed</p> <p>Distributed practice</p> <p>Goal setting &amp; SMART Targets</p> <p>Guidance Visual / Verbal</p> <p>Manual</p> <p>Mechanical guidance</p> <p>Feedback</p> <p>Intrinsic</p> <p>Extrinsic</p> <p>Concurrent</p> <p>Terminal</p> <p>Mental rehearsal</p>	<p>Goal setting - SMART targets</p> <p>Classification of skills</p> <p>Forms of practice</p> <p>Types of guidance</p> <p>Use of data</p>	<p>Literacy—Key words and 9 mark questions</p> <p>Maths—use of data</p> <p>Exam Preparation - target setting</p>	<p>Everlearner for revision</p> <p>Revision for end of unit tests</p> <p>Spelling tests</p> <p>Question sheets</p>



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<b>Socio-Cultural Influences</b>	Factors affecting participation in physical activity Participation rate trends and use of data  Commercialisation and the media  Sporting behaviours  Deviance in sport	Grass roots participation  Gender  Age  Socio-economic group  Ethnicity  Disability  Commercialisation  Gamesmanship  Sportsmanship  Deviant behaviour	Factors affecting participation in physical activity  Participation rate trends and use of data  Commercialisation and the media  Sporting behaviours  Deviance in sport	Literacy—Key words and 9 mark questions  Maths—use of data participation rates	Everlearner for revision  Revision for end of unit tests  Spelling tests  Question sheets



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<b>Revision</b>	To improve upon areas of weakness	Vocabulary will vary dependent upon identified by class teacher	Improve upon areas of weakness identified for the class.	Linked learning will vary dependent upon identified by class teacher	Homework will be tailored towards the weaknesses of the students in the class to further aid progress.