



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



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



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Socio-Cultural Influences	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