	Topic	Knowledge: By the end of the unit students will know:	Skills: What skills will students have developed by the end of this unit?	Key terms: What new key terms and vocabulary will be learnt in this unit?	Summative Assessment: How will pupils be assessed in this unit?
Lent 1	Diet and nutrition and their effect on physical activity and performance	To understand the exercise-related function of food classes. To understand the positive and negative effects of dietary supplements/ manipulation on the performer.	Understand the exercise related function of: Carbohydrates, fibre, fats (saturated fat, trans fat and cholesterol), protein, vitamins (C, D, B-12, B complex), minerals (sodium, iron, calcium), water (hydration before, during and after physical activity). Creatine, sodium bicarbonate, caffeine, Glycogen loading.	Subject specific vocabulary (see Knowledge column) Command words: Analyse Separate information into components and identify their characteristics. Apply Put into effect in a recognised way.	Continuous formative assessment in lessons. Q&A Online knowledge tests (BOOST) End of unit summative assessment (Diet and nutrition and their effect on physical activity and performance)
Lent 1	Preparation and training methods in relation to maintaining physical activity and performance	To understand key data terms for laboratory conditions and field tests. To understand the physiological effects	Understanding of the key data terms relating to laboratory conditions and field tests.(Quantitative and qualitative,	Calculate Work out the value of something. Compare	Continuous formative assessment in lessons. Q&A

		and benefits of a warm-up and cool down. To know the principles of training. To understand and apply the principles of periodisation. To know how the different training methods improve physical fitness and health. To know how the different training methods improve physical fitness and health.	Objective and subjective, Validity and reliability) Physiological effects and benefits of a warm-up and cool down (Stretching for different types of physical activity (static and ballistic)). Principles of training (Specificity, progressive overload, reversibility, recovery, Frequency Intensity Time Type of training (FITT) principles) Application of principles of periodisation (Macro cycle, Meso cycle, Micro cycle, Preparation, competition, transition, Tapering, peaking) Training methods to improve physical	Identify similarities and or differences. Finish a task by adding to given information. Consider Review and respond to given information. Define Specify meaning. Describe Set out characteristics. Discuss Present key points about different ideas or strengths and weaknesses of an idea. Evaluate Judge from available evidence. Explain Set out purposes or reasons.	Online knowledge tests (BOOST) End of unit summative assessment (Preparation and training methods in relation to maintaining physical activity and performance)

			fitness and health. (HIIT) Interval training (anaerobic power). Continuous training (aerobic power). Fartlek (aerobic power). Circuit training (muscular power). Weight training (strength). Proprioceptive Neuromuscular Facilitation (PNF) (flexibility)).	Identify Name or otherwise characterise. Illustrate Present clarifying examples. Interpret Translate information into recognisable form. Justify Support a case with	
Lent 1	Injury prevention and the rehabilitation of injury	To understand the different types of injury. To understand different methods used in injury prevention, rehabilitation and recovery. To understand the physiological reasons	Acute (fractures, dislocations, strains, sprains). Chronic (achilles tendonitis, stress fracture, 'tennis elbow'). Injury prevention methods: • screening • protective equipment • warm up, flexibility training (active, passive, static	Outline Set out main evidence. characteristics. Suggest Present a possible case/solution. State Express clearly and briefly.	Continuous formative assessment in lessons. Q&A Online knowledge tests (BOOST) End of unit summative assessment (Injury prevention and the

		for methods used in injury rehabilitation. To understand the Importance of sleep and nutrition for improved recovery.	and ballistic), taping and bracing • injury rehabilitation methods (proprioceptive training, strength training, hyperbaric chambers, cryotherapy, hydrotherapy) • recovery from exercise (compression garments, massage/foam rollers, cold therapy, ice bath, cryotherapy). Hyperbaric chambers, cryotherapy.		rehabilitation of injury)
Lent 2	Biomechanical principles	To understand Newton's three laws of linear motion applied to sporting movements. Definitions, equations and units of example scalars.	First law (inertia), second law (acceleration), third law (action/reaction). Force. Speed, distance. Height of centre of mass, area of base of		Continuous formative assessment in lessons. Q&A Online knowledge tests (BOOST)

		To understand the term centre of mass. To understand the factors affecting stability.	support, position of line of gravity and body mass.		End of unit summative assessment (Biomechanical principles)
Lent 2	Linear motion	An understanding of the forces acting on a performer during linear motion. Definitions, equations and units of vectors Definitions, equations and units of vectors and scalars. The relationship between impulse and increasing and decreasing momentum in sprinting through the interpretation of force/time graphs.	Know differences between:: Gravity, frictional force, air resistance, internal muscular force, weight. Weight, velocity, displacement, acceleration and momentum. Mass, speed and distance.		Continuous formative assessment in lessons. Q&A Online knowledge tests (BOOST) End of unit summative assessment (Linear motion)
Lent 2	Angular motion	Application of Newton's laws to angular motion. Definitions and units for angular motion. Conservation of angular momentum	Knowing and Applying Angular displacement, angular velocity, angular acceleration.		Continuous formative assessment in lessons. Q&A Online knowledge tests (BOOST)

		during flight, moment of inertia and its relationship with angular velocity.			End of unit summative assessment (Angular motion)
Lent 2	Projectile motion	Factors affecting horizontal displacement of different projectiles and their flight paths. Vector components of parabolic flight.	Comparison of shot put, badminton shuttle		Continuous formative assessment in lessons. Q&A Online knowledge tests (BOOST) End of unit summative assessment (Projectile motion)
Lent 2	Fluid mechanics	Dynamic fluid force. Factors that reduce and increase drag and their application to sporting situations. The Bernoulli principle applied to sporting situations.	Applying: Drag and lift. Upward lift force (discus). Downward lift force (speed skiers, cyclists, racing cars).		Continuous formative assessment in lessons. Q&A Online knowledge tests (BOOST) End of unit summative assessment (Fluid Mechanics)
Trinity 1	Revision and Exam Prep				