St Thomas More RC College



Long-Term Plan – Introduce Fundamental Skills and Knowledge

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
	Topics to be covered:	PHYSICAL FACTORS	PHYSICAL FACTORS	PHYSICAL FACTORS	PHYSICAL	PHYSICAL FACTORS	PHYSICAL FACTORS
		AFFECTING	AFFECTING	AFFECTING	FACTORS	AFFECTING	AFFECTING
		PERFORMANCE	PERFORMANCE	PERFORMANCE	AFFECTING	PERFORMANCE	PERFORMANCE
		APPLIED ANATOMY	APPLIED ANATOMY	PHYSICAL	PERFORMANCE	ANALYSING AND	ANALYSING AND
		AND PHYSIOLOGY	AND PHYSIOLOGY	TRAINING	PHYSICAL	EVALUATING	EVALUATING
					TRAINING	PERFORMANCE	PERFORMANCE
	Skills to be developed:	The structure and	The cardiovascular	Components of	Applying the	Analyse aspects of	Evaluate the
		function of the	system	fitness	principles of	personal	strengths and
		skeletal system	The respiratory		training	performance in a	weaknesses of the
		The structure and	system		Preventing injury	practical activity	performance
ш		function of the	Effects of exercise on		in physical		Produce an action
Year 10 GCSE		muscular system	the body		activity		plan which aims to
		Movement analysis					improve the quality
							and effectiveness of
							the performance
	Key assessments taking place:	An internal mini	An internal mini	An internal mini	An internal mini	This written	This written
		assessment will take	assessment will take	assessment will	assessment will	coursework is worth	coursework is worth
		place and each pupil	place and each pupil	take place and	take place and	10% of final grade. A	10% of final grade. A
		will receive a % and	will receive a % and	each pupil will	each pupil will	mark out of 20	mark out of 20
		an GCSE score 1-9	an GCSE score 1-9	receive a % and an	receive a % and	awarded.	awarded. e
				GCSE score 1-9	an GCSE score 1-9		
	Key vocab	Location/Function of	Lever systems	Cardiovascular	SPOR Principles	Improve	Improve
		skeleton	Planes of	endurance	FITT principles	Techniques	Techniques
		Synovial/Ball and	movements Axes	Muscular	Warm-up	Demonstrate	Demonstrate
		socket/ Hinge joints	of rotation	endurance Speed	Cool-down	Progression	Progression
	\mathbf{r}	Location and Roles	Breathing rate Tidal	Strength Power	Physical	Acquire Develop	Acquire Develop
		of Muscle groups	volume Minute	Flexibility Agility	adaptations		

ventilation H rate Stroke v Cardiac outp Short term e exercise Lo effects of exe Aerobic and Anaerobic ex	olume ordination ut Reaction time ffects of ng term ercise	Risk Prevention Protection Hazard				
Opportunities for retrieval practice: Do now tasks at the start of each lesson focussing on previous learning						
Planned retrieval tasks throughout each module						
End of module half termly tests						

Long-Term Plan – Embedding Skills into competitive situations

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b	
		SOCIO-CULTURAL	SOCIO-CULTURAL ISSUES	PHYSICAL FACTORS	PHYSICAL FACTORS	Revision		
	pe ::	ISSUES AND SPORTS	AND SPORTS	AFFECTING	AFFECTING PERFORMANCE			
	Topics to be covered:	PSYCHOLOGY	PSYCHOLOGY	PERFORMANCE				
		SOCIO-CULTURAL	SOCIO-CULTURAL					
		INFLUENCES	INFLUENCES					
		Engagement patterns	Ethical and socio-cultural	Practical team sport	Practical team sport	Exam		
	e H	of different social	issues in Physical activity	performance 1	performance 1	technique		
	o b pe(groups in physical	and sport	Practical team or	Practical individual sport			
	Skills to be developed:	activities in Sport	Sports psychology	individual sport	performance 2			
Year 11 GCSE		Commercialisation of	Health fitness and	performance 3	Practical team or individual			
		physical activity and	wellbeing	Practical individual sport	sport performance 3			
		sport		performance 2				
	Key assessment	An internal mini	An internal mini	This practical assessment	This practical assessment is	Past		
		assessment will take	assessment will take place	is worth 30% of final	worth 30% of final grade. A	papers		
		place and each pupil	and each pupil will receive	grade. A mark out of 20	mark out of 20 awarded to			
		will receive a % and	a % and an GCSE score 1-9	awarded to each practical	each practical performance.			
		an GCSE score 1-9		performance.				
		Participation Media	Violence Skilful	Improve Skills	Improve Skills	Analysis		
		Sponsorship	movement Goal setting	Techniques	Techniques Demonstrate	Evaluation		
	Key vocab	Endorsements	Guidance/Feedback	Demonstrate	Progression Acquire	Describe		
	Ô,	Ethics Drugs (PED's)	Diet Nutrition Balanced	Progression Acquire	Develop Develop	Define Discuss		
	(ey		Physical/Social/Emotional	Develop Range/Quality Skills	Range/Quality Skills Physical attributes	Discuss		
	-		benefits of exercise	Physical attributes	Decision making			
			benefits of exercise	Decision making				
	Opportunities for retrieval practice:							
	Do now tasks at the start of each lesson focussing on previous learning							
	Planned retrieval tasks throughout each module							
	End of module half termly tests							
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