

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

			ventilation Heart rate Stroke volume Cardiac output Short term effects of exercise Long term effects of exercise Aerobic and Anaerobic exercise	Balance Co-ordination Reaction time	Risk Prevention Protection Hazard		
<p><u>Opportunities for retrieval practice:</u> 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</p>							

Long-Term Plan – Embedding Skills into competitive situations

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

