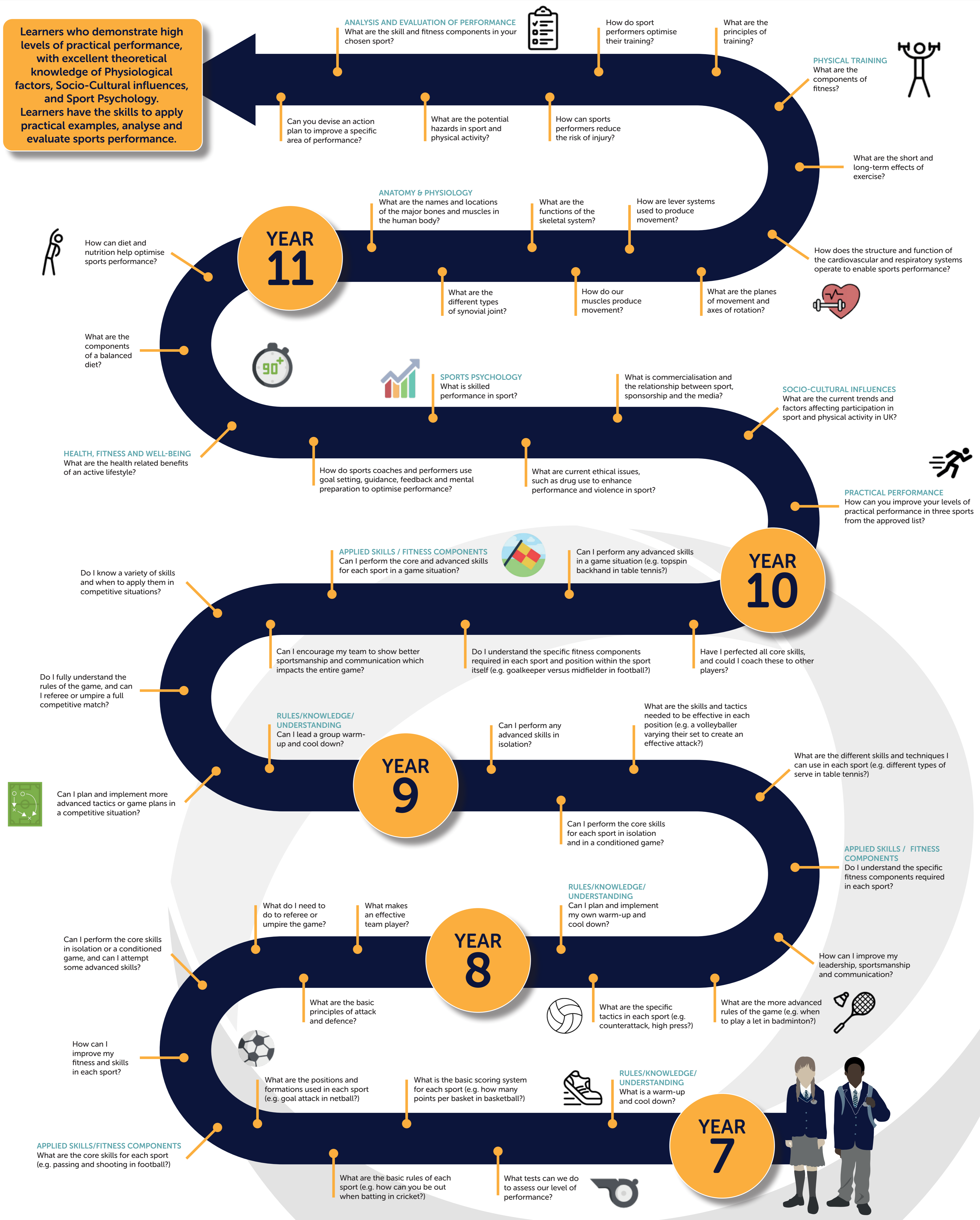


Learners who demonstrate high levels of practical performance, with excellent theoretical knowledge of Physiological factors, Socio-Cultural influences, and Sport Psychology. Learners have the skills to apply practical examples, analyse and evaluate sports performance.



YEAR 11

ANALYSIS AND EVALUATION OF PERFORMANCE
What are the skill and fitness components in your chosen sport?
Can you devise an action plan to improve a specific area of performance?
What are the potential hazards in sport and physical activity?
How can sports performers reduce the risk of injury?
How do sport performers optimise their training?
What are the principles of training?

PHYSICAL TRAINING
What are the components of fitness?
What are the short and long-term effects of exercise?
How does the structure and function of the cardiovascular and respiratory systems operate to enable sports performance?

ANATOMY & PHYSIOLOGY
What are the names and locations of the major bones and muscles in the human body?
What are the functions of the skeletal system?
How are lever systems used to produce movement?
What are the different types of synovial joint?
How do our muscles produce movement?
What are the planes of movement and axes of rotation?

SPORTS PSYCHOLOGY
What is skilled performance in sport?
What is commercialisation and the relationship between sport, sponsorship and the media?
What are the components of a balanced diet?
How can diet and nutrition help optimise sports performance?

SOCIO-CULTURAL INFLUENCES
What are the current trends and factors affecting participation in sport and physical activity in UK?

HEALTH, FITNESS AND WELL-BEING
What are the health related benefits of an active lifestyle?
How do sports coaches and performers use goal setting, guidance, feedback and mental preparation to optimise performance?
What are current ethical issues, such as drug use to enhance performance and violence in sport?

APPLIED SKILLS / FITNESS COMPONENTS
Can I perform the core and advanced skills for each sport in a game situation?
Can I perform any advanced skills in a game situation (e.g. topspin backhand in table tennis?)
Can I perform any advanced skills in isolation?

SPORTS PSYCHOLOGY
What is skilled performance in sport?
What is commercialisation and the relationship between sport, sponsorship and the media?

YEAR 10

APPLIED SKILLS / FITNESS COMPONENTS
Can I perform the core and advanced skills for each sport in a game situation?
Can I perform any advanced skills in a game situation (e.g. topspin backhand in table tennis?)
Can I perform any advanced skills in isolation?

HEALTH, FITNESS AND WELL-BEING
What are the health related benefits of an active lifestyle?
How do sports coaches and performers use goal setting, guidance, feedback and mental preparation to optimise performance?
What are current ethical issues, such as drug use to enhance performance and violence in sport?

SPORTS PSYCHOLOGY
What is skilled performance in sport?
What is commercialisation and the relationship between sport, sponsorship and the media?

YEAR 9

APPLIED SKILLS / FITNESS COMPONENTS
Can I perform the core and advanced skills for each sport in a game situation?
Can I perform any advanced skills in a game situation (e.g. topspin backhand in table tennis?)
Can I perform any advanced skills in isolation?

HEALTH, FITNESS AND WELL-BEING
What are the health related benefits of an active lifestyle?
How do sports coaches and performers use goal setting, guidance, feedback and mental preparation to optimise performance?
What are current ethical issues, such as drug use to enhance performance and violence in sport?

SPORTS PSYCHOLOGY
What is skilled performance in sport?
What is commercialisation and the relationship between sport, sponsorship and the media?

YEAR 8

APPLIED SKILLS / FITNESS COMPONENTS
Can I perform the core and advanced skills for each sport in a game situation?
Can I perform any advanced skills in a game situation (e.g. topspin backhand in table tennis?)
Can I perform any advanced skills in isolation?

HEALTH, FITNESS AND WELL-BEING
What are the health related benefits of an active lifestyle?
How do sports coaches and performers use goal setting, guidance, feedback and mental preparation to optimise performance?
What are current ethical issues, such as drug use to enhance performance and violence in sport?

SPORTS PSYCHOLOGY
What is skilled performance in sport?
What is commercialisation and the relationship between sport, sponsorship and the media?

YEAR 7

APPLIED SKILLS / FITNESS COMPONENTS
Can I perform the core and advanced skills for each sport in a game situation?
Can I perform any advanced skills in a game situation (e.g. topspin backhand in table tennis?)
Can I perform any advanced skills in isolation?

HEALTH, FITNESS AND WELL-BEING
What are the health related benefits of an active lifestyle?
How do sports coaches and performers use goal setting, guidance, feedback and mental preparation to optimise performance?
What are current ethical issues, such as drug use to enhance performance and violence in sport?

SPORTS PSYCHOLOGY
What is skilled performance in sport?
What is commercialisation and the relationship between sport, sponsorship and the media?

WELCOME