Calendar	Big Question/ Theme/ Topic	Small Questions	Assessment Opportunities and /criteria. Teacher feedback point	Homework
Autumn 1 Autumn 2	**1.4 Energy systems: fatigue and recovery** Knowledge and understanding of the concepts of energy, with specific reference to physical activity and sport.	1. What are the different forms of energy? 2. What is the definition for each type of energy? 3. How is each type of energy used in sport? 4. How does the ATP-PC system create energy? 5. How does the glycolytic system create energy? 6. How does the Aerobic system create energy? 7. What is the energy continuum? 8. Where would you place different athletic events on the continuum? 9. How do we determine whether events are aerobic or anaerobic? 10. What is fatigue in a sporting context? 11. What factors lead to fatigue? 12. How do we replace lost fuels during and after performance? 13. How can dehydration affect performance? 14. What is the role of lactate in performance? 15. What happens during the 2 different stages of recovery? 16. How does the body lose heat? 17. What are EIMD and DOMS? 18. What does EPOC stand for? 19. What is the difference between an EPOC and O_2 debt? 20. Why do we experience an EPOC? 21. What is a priming exercise?		
Spring 1	**2.3 Injury prevention and the rehabilitation of injury** Knowledge and understanding of the different classifications of common sporting injuries.	1. What are the 2 main injury classifications? 2. What types of injury are included in the acute injury classification? 3. What are the symptoms of each acute injury? 4. What types of injury are included in the overuse classification? 5. What are the symptoms of each injury? 6. What is the difference between intrinsic and extrinsic risk? 7. What are the different ways of preventing injuries? 8. Which are the most effective ways of preventing injury? 9. What are the different methods of recovery from injury? 10. What are the timescales for return to play? 11. What are the advantages and disadvantages for each method?		

Spring 2	**2.4 Linear motion** Knowledge and understanding of the factors associated with linear motion and the application of definitions, equations, calculations and units of measurement in a sporting context. **2.5 Angular motion** Knowledge and understanding of how angular motion is applied in a sporting context. **2.6 Projectile motion** Knowledge, understanding and application of projectile motion in refining technique in different sporting contexts.	1. What is the difference between a scalar and a vector? 2. What is the difference between distance and displacement? 3. What is the difference between speed and velocity? 4. How do we calculate speed and velocity? 5. How do we calculate acceleration? 6. How do you plot and label a distance time graph? 7. How do you calculate acceleration from a velocity-time graph? 8. How do you calculate distance from a velocity-time graph? 1. What is angular motion? 2. What is moment of inertia (MI)? 3. What is the relationship between (MI) and angular velocity? 4. What is the conservation of angular momentum? 1. What forces affect a projectile's flight? 2. How do these factors affect sporting events? 3. What 3 factors affect horizontal displacement? 4. How can these factors be modified to improve performance?		
Summer 1	**2.7 Fluid mechanics** Knowledge, understanding and application of aerodynamics and hydrodynamics to appropriate sports contexts.	1. What factors affect air resistance and fluid friction? 2. How can we adjust technique and equipment to reduce resistance? 3. How can technology help make improvements to fluid mechanics? 4. How does the angle of attack affect a projectile? 5. How does the Bernoulli effect work? 6. How does Magnus force affect the flight path of balls?		