

Calendar Year 10	Big Question/The me/Topic	Small Questions	Assessment Opportunities and /criteria. Teacher feedback point	Homework
Autumn 1	Physical, emotional and social health	<ul style="list-style-type: none"> • How can increasing physical ability, through improving components of fitness improve health/reduce health risks and how are these benefits achieved? • How does participation in physical activity and sport improve emotional/psychological health and how are these benefits achieved? • How does participation in physical activity and sport improve social health and how are these benefits achieved? • What are the positive and negative effects of fitness on well-being? • How can we promote personal health through an understanding of the importance of designing, developing, monitoring and evaluating a personal exercise programme to meet the specific needs of the individual? • How does health, fitness and well-being impact on our lifestyle choices in relation to: diet, activity level, work/rest/sleep balance, and recreational drugs (alcohol, nicotine)? • What are the positive and negative impacts of lifestyle choices on health fitness and well-being, e.g. the negative effects of smoking (bronchitis, lung cancer)? 		

	<p>What are the consequences of a sedentary lifestyle on physical health?</p>	<ul style="list-style-type: none"> • What is a sedentary lifestyle? • What are the consequences of a sedentary lifestyle for health? • What is the definition of overweight, overfat and obese? • What are the increased risks of a sedentary lifestyle to long term health? e.g. depression, coronary heart disease, high blood pressure, diabetes, increased risk of osteoporosis, loss of muscle tone, posture, impact on components of fitness • How do you interpret and analyse graphical representation of data associated with trends in physical health issues? 		
<p>Autumn 2</p>	<p>Energy use, diet, nutrition and hydration</p>	<ul style="list-style-type: none"> • What is optimum weight? • What factors affect optimum weight? • How does optimum weight vary according to specific activities and sport? • What are the nutritional requirements for a balance diet? • What is the ratio of nutrients for a balanced diet to maintain a healthy lifestyle? • How does the nutritional requirements of a balanced diet optimise specific performances in physical activity and sport? • What is the role and importance of macronutrients for performers/players in physical activities and sports? • What is the role and importance of 		

	<p>The relationship between health and fitness and the role that exercise plays in both</p>	<p>micronutrients for performers/player in physical activities and sports?</p> <ul style="list-style-type: none"> • What is the correct energy balance to maintain a healthy weight? • What is carbohydrate loading? • Why do endurance athletes use carbohydrate loading? • What is the optimal timing of protein intake for power athletes? • Why is hydration importance for physical activity and sport? • How the correct level of hydration be maintained during physical activity and sport? <ul style="list-style-type: none"> • What is fitness? • What is health? • What is exercise? • What is performance? • What is the relationship between them? • What role do they play in exercise? 		
<p>Spring 1</p>	<p>The component of fitness, benefits for sport and how fitness is measured and improved</p>	<ul style="list-style-type: none"> • What are the health and skill components of fitness? • How are each of the components important in physical activity and sport? • What is the value of fitness testing? • What is the purpose of each specific fitness test? • What are the test protocols? • What are the appropriate fitness tests for specific components of fitness? • What is the rationale for the selection of the fitness tests? • How can data be collected and 		

	<p>The principles of training and their application to personal exercise/training programmes</p>	<p>interpreted from fitness test results?</p> <ul style="list-style-type: none">• How do your fitness results compare to the normative data tables?• What are the comparisons in relation to the normative data tables?• What are the principles of training?• How would you plan a training session using the principles of training?• What are thresholds of training?• What is the aerobic target zone?• What is the anaerobic target zone?• How would you calculate your target zones using the Karvonen formula?• What factors are considered when deciding the most appropriate training methods and training intensities for different physical activities and sports?• What are the different training methods?• What training methods are used for specific components of fitness?• What fitness classes are linked to specific components of fitness?• What are the advantages of each method of training?• What are the disadvantages of each method of training?• How is fitness improved by using the principles of training, considering factors and different training methods?		
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Spring 2	The long-term effects of exercise	<ul style="list-style-type: none"> • What are the long-term effects of aerobic training? • What are the long-term effects of anaerobic training? • What are the long-term effects of exercise? • What are the long-term training effects to the muscular-skeletal system? • What are the long-term benefits for the performance of the muscular-skeletal system? • What are the long-term training effects to the cardio-respiratory systems? • What are the long-term benefits for the performance of the cardio-respiratory system? 		
Summer 1	<p>How to optimise training and prevent injury</p> <p>Effective use of warm up and cool down</p>	<ul style="list-style-type: none"> • What is a PARQ? • How is a PARQ used to assess personal readiness for training? • What are the phases of a warm up? • Why are the phases significant in a performer's preparation for physical activity and sport? • What is the purpose of a warm up? • Why is a warm up important when a performer is preparing to train or participate in physical activity and sport? • How is a cool down structured? • What is the purpose of a cool down? • Why is a cool down important when participating in physical activity and sport? 		

		<ul style="list-style-type: none"> • What activities would be included in a warm up and cool down? 		
Summer 2	<p>The use of goal setting and SMART targets to improve and/or optimise performance</p> <p>PEP</p>	<ul style="list-style-type: none"> • What is goal setting? • How is goal setting used to improve and/or optimise performance? • What are the principles of SMART targets? • What is the value of each principle in improving and/or optimising performance? • How can setting and reviewing targets improve and/or optimise performance? 		