Calendar Year 11	Big Question/Theme/Topic	Small Questions	Assessment Opportunities and /criteria. Teacher feedback point	Homework
Autumn 1	How to optimise training and prevent injury	• How can you prevent injury through the correct application of the principles of training? • How can you prevent injury through adhering to the rules of the activity? • How can you prevent injury through the use of protective clothing and equipment? • What injuries can occur in physical activity and sport? • What is concussion? • What is a fracture? • What is a dislocation? • What is a sprain? • What is torn cartilage and soft tissue injuries? (strain, tennis elbow, golfers elbow, abrasions) • What is RICE?		
Autumn 1	Performance Enhancing Drugs	• What are performance enhancing drugs? • What are anabolic steroids? • What are beta blockers? • What are diuretics? • What are narcotic analgesics? • What are peptide hormones? • What is erythropoietin (EPO)? • What are growth hormones (GH))? • Stimulants? • What is blood doping? • What are the positive and negative effects of the PEDs on sporting performance and the performer?		

Autumn 1	The Skeletal System	• What are the functions of the skeleton applied to performance in physical activities and sports? • What are the classifications of bones? • What is the structure of the skeletal system? • What are the classification of joints? • What movements are possible at joints? • Describe the role of ligaments and tendons and their relevance to participation in physical activity and sport.		
Autumn 2	The Muscular System	• What are the classification and characteristics of voluntary, involuntary and cardiac muscle? • What are their roles when participating in physical activity and sport? • What is the location and function of each voluntary muscle? • How do muscles work together to create opposing movement at joints? • What are the characteristics of fast and slow twitch muscle fibre types (type I, type IIa and type IIx)? • How does the skeletal and muscular system work together to allow participation in physical activity and sport		

Autumn 2	The Cardiovascular System	• What are the functions of the cardiovascular system? • How is the cardiovascular system structured? • How are arteries, capillaries and veins structured? • How does the function of them benefit the body during physical activity and sport? • What is vasoconstriction? • What is vasodilation? • How is blood flow redistributed during physical activity compared to when resting? • What are the functions and importance of red and white blood cells, platelets and plasma for physical activity and sport?		
Spring 1	The Respiratory System	• What is the composition of inhaled and exhaled air and the impact of physical activity and sport on this composition? • What is vital capacity? • What is tidal volume? • How does tidal volume change when participating in physical activity and sport? • What is the location of the main components of the respiratory system? • How is the alveoli structured to enable gaseous exchange?		

		• How does the process of gaseous exchange meet the demands of varying intensities of exercise (aerobic and anaerobic)? • How does the cardiovascular and respiratory system work together to allow participation in physical activity and sport?		
	Anaerobic and Aerobic exercise	• How is glucose and oxygen used to release energy aerobically with the production of carbon dioxide and water? • What is the impact of insufficient oxygen on energy release? • What is the by-product of anaerobic respiration? • How is fat used as a fuel source for aerobic activity? • How are carbohydrates used as a fuel source for aerobic and anaerobic activity?		
	The Short and Long term effects of exercise	• What are the short-term effects of physical activity and sport on lactate accumulation, muscle fatigue? • What is the relevance of this to the player/performer?		

		• What are the short-term effects of physical activity and sport on heart rate, stroke volume and cardiac output? • What is the importance of this to the player/performer? • What are the short-term effects of physical activity and sport on depth and rate of breathing, and the importance of this to the player/performer? • How does the respiratory and cardiovascular system work together to allow participation in, and recovery from, physical activity and sport? • What are the long-term effects of exercise on the body systems?		
	Movement Analysis – Lever Systems	• What are first, second and third class levers and what are their uses in physical activity and sport? • What are the mechanical advantages and disadvantages of the body's lever systems and the impact on sporting performance?		

	Planes and axes of movement	• How does the body use a range of planes and axes to create movement patterns? • How are planes and axes used during sporting actions such as somersaults, cartwheels and twist jumps on the trampoline?		
Spring 2	Sports Psychology Classification of skills	• How are sports classified using the open-closed, basic (simple)-complex, and low organisation-high organisation continua? • How are practice structured in terms of massed, distributed, fixed and variable?		
	Guidance and feedback	• What are the different types of guidance to optimise performance: visual, verbal, manual and mechanical? • What are the advantages and disadvantages of each type of guidance? • What are the different types of feedback to optimise performance: intrinsic, extrinsic, concurrent, terminal?		
	Mental preparation for performance	• How do athletes psychologically prepare for sporting performance?		

	Socio-cultural influences	• What factors affect participation rates in physical activity and sports in relation to gender, age, socio-economic group, ethnicity, disability?		
	Commercialisation of physical activity and sport	• What is the relationship between commercialisation, the media and physical activity and sport? • What are the advantages and disadvantages of commercialisation and the media for: the sponsor, the sport, the player/performer, the spectator?		
	Ethical and socio-cultural issues in physical activity and sport	• What are the different types of sporting behaviour in relation to sportsmanship, gamesmanship? • What are reasons for, and consequences of, deviance at elite level?		
	Use of Data	• How can data be collected in fitness, physical and sport activities?		

		• What is qualitative and quantitative data? • How can you present data (including tables and graphs) • How can data be interpreted? • How can you analyse and evaluate statistical data from your own results and interpret against normative data in physical activity and sport?		