

Calendar Year 10	Big Question/ Theme/Topic	Small Questions
Autumn 1 September – October Half term	Physical, emotional and social health What are the consequences of a sedentary lifestyle on physical health? Energy use, diet, nutrition and hydration	<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)? • 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? • 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 balanced diet? • What is the ratio of nutrients for 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 micronutrients for performer/player in physical activities and sports?

		<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 be the correct level of hydration maintained during physical activity and sport?
Autumn 2 October half term – December half term.	<p>Sports Psychology</p> <p>Classification of skills</p> <p>Practice structures</p> <p>Guidance and feedback Mental preparation for performance</p> <p>Socio-cultural influences</p> <p>Commercialis ation of physical activity and sport</p> <p>Ethical and socio-cultural</p>	<ul style="list-style-type: none"> • Do you understand the Classification continuums as gross/fine, internally paced/externally paced, discrete/serial/continuous? • Do you understand the open/closed continuum in relation to the sporting environment, decision making and practice structure? • Can you define what massed, distributed, fixed and variable practice structures are? • Can you explain the role and effectiveness of mental practice and how it can enhance performance? • Can you explain the types, purpose and effectiveness of guidance methods? • Can you explain how visual, verbal, manual and mechanical guidance is used in sports teaching? • What is feedback used for? • What are intrinsic and extrinsic feedback? • What are concurrent and terminal feedback? • What factors affect participation rates in physical activity and sports? • How does socio-economic standing, disability and age affect participation in sport? • What is commercialisation? • What makes up the 'Golden triangle'? • What are the impacts of commercialisation on the sponsors, the sport, the performers and the spectators? • What are the different types of sporting behaviour in relation to sportsmanship and gamesmanship?

	issues in physical activity and sport	<ul style="list-style-type: none"> • What are the reasons for, and consequences of, deviance at elite level?
Spring 1 January – March	<p>The relationship between health and fitness and the role that exercise plays in both</p> <p>The component of fitness, benefits for sport and how fitness is measured and improved</p> <p>The principles of training and their application to personal exercise/training programmes</p>	<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? <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 interpreted from fitness test results? • How do your fitness results compare to the normative data tables? • What are the comparisons in relation to the normative data tables? <ul style="list-style-type: none"> • 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 targets 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?

	The use of goal setting and SMART targets to improve and/or optimise performance	<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?
Spring 2 March – May half term	Personal exercise programme	
Summer 1 & 2 May half term – July end of term	<p>The long-term effects of exercise</p> <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 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? <ul style="list-style-type: none"> • What is a PARQ? • How is a PARQ used to assess personal readiness for training? • 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? <ul style="list-style-type: none"> • 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?

	PED's	<ul style="list-style-type: none"> • 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? • What activities would be included in a warm up and cool down? <ul style="list-style-type: none"> • 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
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