

Calendar Year 10	Big Question/ Theme/Topic	Small Questions
Autumn 1 September – October Half term	<p>Physical, emotional and social health</p> <p>What are the consequences of a sedentary lifestyle on physical health?</p> <p>Energy use, diet, nutrition and hydration</p>	<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)? <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? <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 micronutrients for performers/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?
<p>Autumn 2 October half term – December half term.</p>	<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>Commercialisation 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?

	<p>issues in physical activity and sport</p>	<ul style="list-style-type: none"> • What are the reasons for, and consequences of, deviance at elite level?
<p>Spring 1 January – Feb half term</p>	<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 Respiratory System	<ul style="list-style-type: none">• 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? <ul style="list-style-type: none">• 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?
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