

| Calendar Year 11 | Big Question/Theme/Topic | Small Questions |
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| Autumn 1 – September – October half term | Anaerobic and Aerobic exercise | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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? |

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| | Personal exercise programme (PEP) | |
| Autumn 2 – October half-term - December | Personal exercise programme (PEP) | |
| Spring 1 – January – Exam season | Revision | |