

Year Calendar Plan		
Dates	Lesson Focus	Assessment/Revision
Term 1	<p><u>Unit 1 – Anatomy and Physiology</u></p> <p>Aim A –The effects of exercise and sports performance on the <u>skeletal system</u> A1 – Structure of the skeletal system A2 – Function of the skeletal system A3 – Joints A4 - Responses of the skeletal system to a single sport or exercise session A5 - Adaptations of the skeletal system to exercise A6 - Additional factors affecting the skeletal system</p> <p>Aim B – The effects of exercise and sports performance on the <u>muscular system</u> B1 - Characteristics and functions of different types of muscles B2 - Major skeletal muscles of the muscular system B3 - Antagonistic muscle pairs B4 - Types of skeletal muscle contraction B5 - Fibre types B6 - Responses of the muscular system to a single sport or exercise session B7 - Adaptations of the muscular system to exercise B8 - Additional factors affecting the muscular system</p> <p>Aim C – The effects of exercise and sports performance on the <u>respiratory system</u> C1 - Structure of the respiratory system C2 - Function</p>	<p>Skeletal system End of booklet test End of unit test Revision wheel Aim on a page Flash cards Revision work guide plus questions Revision work book questions</p> <p>Muscular system End of booklet test End of unit test Revision wheel Aim on a page Flash cards Revision work guide plus questions Revision work book questions</p> <p>PC1 assessment – Skeletal and muscular systems</p>
Term 2	<p>Unit 1</p> <p>Aim C – The effects of exercise and sports performance on the <u>respiratory system - continued</u> C3 - Lung volumes C4 - Control of breathing C5 - Responses of the respiratory system to a single sport or exercise session C6 - Adaptations of the respiratory system to exercise C7 - Additional factors affecting the respiratory system</p> <p>Aim D - The effects of sport and exercise performance on the <u>cardiovascular system</u> D1 - Structure of the cardiovascular system D2 - Function of the cardiovascular system D3 - Nervous control of the cardiac cycle D4 - Responses of the cardiovascular system to a single sport or exercise session D5 - Adaptations of the cardiovascular system to exercise D6 - Additional factors affecting the cardiovascular system</p> <p>Aim E - The effects of exercise and sports performance on the <u>energy systems</u> E1 - The role of ATP in exercise E2 - The ATP-PC (alactic) system in exercise and sports performance E3 - The lactate system in exercise and sports performance E4 - The aerobic system in exercise and sports performance E5 - Adaptations of the energy system to exercise E6 - Additional factors affecting the energy systems</p> <p>Exam practice</p>	<p>Respiratory system End of booklet test End of unit test Revision wheel Aim on a page Flash cards Revision work guide plus questions Revision work book questions</p> <p>Cardiovascular system End of booklet test End of unit test Revision wheel Aim on a page Flash cards Revision work guide plus questions Revision work book questions</p> <p>PC2 assessment – Past mock papers Aim A - C</p>
Term 3	<p>Unit 1 exam preparation – Section F and past papers</p> <p>Unit 1 EXTERNAL EXAM – 17/01/2020</p> <p><u>Unit 2 - Fitness Training and Programming for Health, Sport and Well-being</u></p> <p>Q1 – Interpreting lifestyle and Q2 – Lifestyle modification techniques</p> <p>Aim A - Examine lifestyle factors and their effect on health and well-being and Aim B - Understand the screening processes for training programming A1 – Positive lifestyle factors and their effects on health and well being A2 – Negative lifestyle factors and their effects on health and well being B1 – Screening process B2 – Health monitoring tests B3 – Interpreting the results of health monitoring tests A3 – Lifestyle modification techniques</p>	<p>PC3 assessment – Full Unit 1 mock paper</p> <p>Unit 2 Aim on a page Flash cards Q1 – June 2017 - Helen – no PA Q1 – Jan 2018 - Adam – LD athlete Q2 - June 2017 - Helen – no PA Q2 - Jan 2018 - Adam – LD athlete</p> <p>Feb half term revision – Jan 2019 – Nyle – SD athlete – Q1 and 2 Fen half term revision – June 2019 – Alan – no PA– Q1 and 2</p>

Term 4	<p>Q4 – Propose and justify different training methods</p> <p>Aim D - Examine training methods for different components of fitness</p> <p>D1 - Components of fitness to be trained D1.1 - Skill-related fitness D2 - Training methods for physical fitness-related components D2.1 - Aerobic endurance training methods D2.2 Muscular strength training methods D2.3 Muscular endurance training methods D2.4 Core stability training methods D2.5 Flexibility training methods D2.6 Speed training methods D3 Training methods for skill-related fitness components D3.1 Agility training methods D3.2 Balance training methods D3.3 Coordination training methods D3.4 Reaction time training methods D3.5 Power training methods</p> <p>Q5 - Design weeks 1, 3 and 6 of a six-week fitness training programme Q6 - Justify the fitness training programme that you have designed, considering the principles of fitness training</p> <p>Aim E - Understand training programme design</p> <p>E1 - Principles of fitness training programme design</p> <ul style="list-style-type: none"> • Fitness training programme design: • Principles of training: • Periodisation 	<p>PC4 assessments – Q1, 2, 4, 5 – June 2018 – Christine – no PA</p> <p>Aim on a page Flash cards Q4 – June 2017 - Helen – no PA Q4 – Jan 2018 - Adam – LD athlete Q5 - June 2017 - Helen – no PA Q5 - Jan 2018 - Adam – LD athlete Q6 - June 2017 - Helen – no PA Q6 - Jan 2018 - Adam – LD athlete</p> <p>Easter revision – Jan 2019 – Nyle – SD athlete – Q4, 5 and 6 Easter revision – June 2019 – Alan – no PA– Q4, 5 and 6</p>
Term 5	<p>Q3 – Provide and justify your nutritional guidance</p> <p>Aim C - Understand programme-related nutritional needs</p> <p>C1 – Common terminology C2 – Components of a balanced diet C3 – Nutritional strategies for individuals taking part in training programmes</p> <p>Unit 2 EXTERNAL EXAM - Scenario released – 27/04/2020. Exam – 11/05/2020</p> <p>Unit 1 RESITS – 19/05/2020</p>	<p>Aim on a page Flash cards Q3 – June 2017 - Helen – no PA Q3 – Jan 2018 - Adam – LD athlete</p> <p>Complete PC4 assessment for a mock result – Q6 and 3 - June 2018 – Christine – no PA</p> <p>Complete holiday homework tests: Jan 2019 – Nyle – SD athlete June 2019 – Alan – no PA</p>
Term 5 continued – after exam	<p>Practical sport participation</p> <p>Practical sport lessons in a variety of traditional and none traditional sports</p>	N/A
Term 6	<p><u>Unit 3 - Professional Development in the Sports Industry</u></p> <p>Aim A - Understand the career and job opportunities in the sports industry</p> <p>A1 - Scope and provision of the sports industry A2 - Careers and jobs in the sports industry A3 - Professional training routes, legislation, skills in the sports industry A4 - Sources of continuing professional development</p> <p>Aim B - Explore own skills using a skills audit to inform a career development action plan</p> <p>B1 -Personal skills audit for potential careers B2 - Planning personal development towards a career in the sports industry</p>	<p>Coursework only</p> <p>Hand in date – Assignment 1 – Aim A and B – minus B3 – 14/07/2020</p> <p>Summer homework - B3 Maintaining a personal portfolio/record of achievement and experience</p>