

# KS4 - SPORT - GCSE

## YEAR 10 CURRICULUM

Term	Theoretical topics	Practical/NEA
1	Components of fitness Training methods Training zones & principals of training	Badminton
2	Media, sport & commercialisation Health, fitness & fitness testing	Football & netball
3	Skill, ability & classification of skill Arousal, anxiety and stress management techniques Guidance	Basketball
4	Bones, joints, movements Planes and axis of movement Types of contraction Structure of a synovial joint	Trampolining & handball
5	Social groups and barriers to participation Aerobic and anaerobic energy systems, long and short term effects of exercise	Athletics
6	Cardiovascular system Respiratory system Prepare and revise for mock exams	Athletics begin analysis & evaluation course-work

## YEAR 11 CURRICULUM

Term	Theoretical topics	Practical/NEA
1	Review of components of fitness, training methods and principals of training Motivation and personality, review of arousal & anxiety Goal setting Information processing	Analysis and evaluation
2	Lever systems. Review of movement analysis. Diet & lifestyle Somatotype Revision & preparation for mock exams.	Analysis and evaluation
3	Ethics in sport Drugs in sport Training seasons	Revision of year 10 topics
4	Feedback, Revision of guidance Review and finalize analysis and evaluation coursework. Revision Walking talking mock	Moderation practical preparation Practical moderation
5	Exam	