



## Key Stage 4

### Programme of Study:

Year Group	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
10	<b>Topic:</b> Applied Anatomy & Physiology  <b>Key Knowledge:</b> - Musculo-skeletal system - Cardiorespiratory system - Anaerobic vs Aerobic exercise - Short & long term effects of exercise  <b>Assessment:</b> Baseline assessment End of topic test	<b>Topic:</b> Movement Analysis  <b>Key Knowledge:</b> - Lever Systems - Planes & Axes of Movement  <b>Assessment:</b> Baseline assessment End of topic test	<b>Topic:</b> Physical Training  <b>Key Knowledge:</b> - Health, Fitness & the role of exercise - Components of fitness - Principles of training - Types of training - Long term effects of exercise - How to optimise training & prevent injury - Effective warm-up & cool-down  <b>Assessment:</b> Baseline assessment End of topic test	<b>Topic:</b> Use of Data  <b>Key Knowledge:</b> - Data analysis - Presenting & interpreting data - Evaluating data  <b>Assessment:</b> Baseline assessment End of topic test	<b>Assessment:</b> Coursework	<b>Assessment:</b> Coursework
11	<b>Topic:</b> Health, Fitness & Wellbeing  <b>Key Knowledge:</b> - Physical, emotional & social health, fitness & wellbeing - Consequences of a sedentary lifestyle	<b>Topic:</b> Sports Psychology  <b>Key Knowledge:</b> - Classification of skills - Use of SMART targets - Guidance & feedback on performance - Mental preparation	<b>Topic:</b> Sociocultural Influences  <b>Key Knowledge:</b> - Engagement patterns in physical activity - Commercialisation of physical activity & sport	<b>Topic:</b> Use of Data  <b>Key Knowledge:</b> - Data analysis - Presenting & interpreting data - Evaluating data	<b>Assessment:</b> Revision	<b>EXAMS</b>

	<p>- Energy use, diet, nutrition &amp; hydration</p> <p><b>Assessment:</b> Baseline assessment End of topic test</p>	<p><b>Assessment:</b> Baseline assessment End of topic test</p>	<p>- Ethical &amp; socio-cultural issues in physical activity &amp; sport</p> <p><b>Assessment:</b> Baseline assessment End of topic test</p>	<p><b>Assessment:</b> Baseline assessment End of topic test</p>		
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