

NTSport GCSE PE Theory PLC

YEAR 10

Autumn 1, Year 10 Physical Training – Paper 1: The Human Body and Movement in Physical Activity and Sport			
Health and Fitness, including the relationship between Health and Fitness			
The Components of Fitness			
Linking Sports and Activities to the required Components of Fitness			
Reasons for and limitations of fitness testing			
Measuring the Components of Fitness and demonstrating how data is collected			
The Principles of Training and Overload			
Applications of the Principles of Training			
Types of Training			
Calculating Intensity			
Considerations to prevent Injury			
High Altitude Training and seasonal aspects			
Warming Up and Cooling Down			
END OF TOPIC ASSESSMENT			

Autumn 2, Year 10 Applied Anatomy and Physiology – Paper 1: The Human Body and Movement in Physical Activity and Sport			
Bones and the Functions of the Skeleton			
Structure of the Skeletal System/Functions of the Skeleton			
Muscles of the Body			
Structure of a Synovial Joint			
Types of Freely Movable Joint that allow different Movements			
How Joints differ in design to allow certain types of Movement			
How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints			
END OF TOPIC ASSESSMENT			

Spring 1, Year 10 Movement Analysis – Paper 1: The Human Body and Movement in Physical Activity and Sport			
First, Second and Third Class Levers			
Mechanical Advantage			
Analysis of basic movements in sporting examples			
Planes and Axes			
END OF TOPIC ASSESSMENT			

Spring 2, Year 10 Applied Anatomy and Physiology – Paper 1: The Human Body and Movement in Physical Activity and Sport			
The pathway of air and gaseous exchange			
Blood Vessels			
Structure of the Heart and the Cardiac Cycle (pathway of blood)			
Cardiac Output and Stroke Volume (including the effects of exercise)			
Mechanics of breathing and interpretation of a Spirometer trace			
Aerobic and Anaerobic exercise			
The Short and Long Term effects of exercise			
Recovery/EPOC (Exercise Post Oxygen Consumption)			
END OF TOPIC ASSESSMENT			

Summer 1 and 2, Year 10 Sports Psychology – Paper 2: Socio-Cultural Influences and well-being in Physical Activity and Sport			
Skill and Ability, including classification of skill			
Definitions and types of goals			
The use of evaluation of setting performance and outcome goals, including the use of SMART targets to improve/optimize performance			
Information Processing			
APPLICATION OF ALL YEAR 10 CONTENT TO COMPLETE ANALYSIS AND EVALUATION COURSEWORK			
YEAR 10 PPE			

YEAR 11

Autumn 1, Year 11 Health, Fitness and Well-Being – Paper 2: Socio-Cultural Influences and well-being in Physical Activity and Sport			
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The meaning of health and fitness: Physical, Mental/Emotional and Social Health – linking participation in physical activity to exercise, sport, health and well being			
The consequences of a sedentary lifestyle			
Obesity and how it may affect performance in physical activity and sport			
Somatotypes			
Energy use			
Reasons for having a balanced diet and the role of nutrients			
The role of Carbohydrates, Fats, Protein, Vitamins and Minerals			
Reasons for maintaining water balance (hydration) and further applications of the topic area			
END OF TOPIC ASSESSMENT			

Autumn 2, Year 11 Sports Psychology – Paper 2: Socio-Cultural Influences and well-being in Physical Activity and Sport			
Examples of and evaluation of the types of feedback and guidance			
Arousal and the inverted U theory			
Application of how optimal arousal has to vary in relation to the skill/stress management techniques			
Aggression and Personality			
Intrinsic and extrinsic motivation, including evaluation of their merits			
END OF TOPIC ASSESSMENT			
YEAR 11 PPE			

Spring 1, Year 11 Socio-Cultural Influences – Paper 2: Socio-Cultural Influences and well-being in Physical Activity and Sport			
Engagement patterns and the factors affecting them			
Commercialisation, Sponsorship and Media			
Positive and negative impacts of sponsorship and the media			
Positive and negative impact of technology			
Conduct of performers and introduction to drugs			
Sporting examples of drug taking			
Advantages/disadvantages to the performer/the sport of taking PED's			
Spectator behaviour and hooliganism, including strategies to combat hooliganism			
END OF TOPIC ASSESSMENT			

