



## SUBJECT: Curriculum Overview

### Year 11 GCSE

Half Term	Topic studied	What will I learn?	How will I be assessed?
Year 11 Autumn 1	<u>Section 1 – applied anatomy and Physiology</u> 1.1 – The Structure and Function of the Skeletal System  1.2 – The Structure and Function of the Muscular System  1.3 – Movement Analysis  Practical activities  AEP coursework	<p>The location of the major bones of human body and the functions of the skeleton. The major joints that are important for sporting movement and the articulating bones that are present.</p> <p>The types of movement that are able to be produced around the f different types of Joint</p> <p>The location and the names of the major muscles in the body. To apply these muscle to sporting movements performed by the body.</p> <p>The definitions and the roles of the</p> <ul style="list-style-type: none"> <li>• Agonist; Antagonist; Fixator</li> </ul> <p>How muscles work in antagonistic pairs</p> <p>The three types of laver found in the body and the application of sporting actions to lever types Planes and axes of movement found in the body</p> <p>Final practical assessments grade to be finalised and recorded</p> <p>The appreciation and evaluation of personal performance. How to relate your personal performance levels to the aspects you need to improve.</p>	<p>Class teacher assessment and classwork/ homework pieces.</p> <p>End of unit test</p> <p>Practical assessments are performed at the end of each block</p> <p>14 Hrs of controlled assessment that lead to a written AEP personal to the student. It is assessed in line with the criteria set down by the exam board</p>
Year 11 Autumn 2	1.3 – Movement Analysis  Practical activities  AEP coursework	<p>The three types of laver found in the body and the application of sporting actions to lever types Planes and axes of movement found in the body</p> <p>Final practical assessments grade to be finalised and recorded</p> <p>The appreciation and evaluation of personal performance. How to relate your personal performance levels to the aspects you need to improve.</p>	<p>Class teacher assessment and classwork/ homework pieces.</p> <p>End of unit test</p> <p>Practical assessments are performed at the end of each block</p> <p>14 Hrs of controlled assessment that lead to a written AEP personal to the student. It is assessed in line with the criteria set down by the exam board</p>
Year 11 Spring 1	1.4 – The Cardiovascular and Respiratory System  1.5 – The Effects of Exercise on the Body Systems	<p>The structure and function of the cardiovascular system and the double circulatory pump. The different types of blood vessel and the passage of blood though the heart. The structure and function of the respiratory system and the pathway of air internally in the body.</p> <p>The definitions of aerobic and anaerobic exercise.</p> <p>The short and long term effects of exercise on the body . An understanding of the long term effects of exercise on the bones , muscles and the cardiovascular system</p>	<p>Class teacher assessment and classwork/ homework pieces.</p> <p>End of unit test</p> <p>Past paper assessments will be common at this time of the course.</p>
Year 11 Spring 2	Revision process	Recap of work over the course and a clearer understanding of topics that they have found more challenging	Past paper and revision booklet exercises . Peer marking and DIRT exercises for revision booklets
Year 11 Summer 1	Revision process	Recap of work over the course and a clearer understanding of topics that they have found more challenging	Past paper and revision booklet exercises . Peer marking and DIRT exercises for revision booklets





**KS3 SUBJECT: Curriculum Overview**

**Year 8**

Half Term	Topic studied	What will I learn?	How will I be assessed?
Year 8 Autumn 1			
Year 8 Autumn 2			
Year 8 Spring 1			
Year 8 Spring 2			
Year 8 Summer 1			
Year 8 Summer 2			