

Year	Autumn	Spring	Summer
10	<p><u>Topics covered this term:</u></p> <ul style="list-style-type: none"> <li>• Health and fitness.</li> <li>• Components of fitness.</li> <li>• Measuring components of fitness.</li> <li>• Reasons for and limitations of fitness testing.</li> <li>• Training types.</li> <li>• Principles of training.</li> <li>• Calculating intensity.</li> <li>• Warm up and cool down.</li> <li>• Injury prevention.</li> <li>• Altitude training.</li> <li>• Seasonal aspects.</li> </ul>	<p><u>Topics covered this term:</u></p> <ul style="list-style-type: none"> <li>• Skill and ability.</li> <li>• Classification of skill.</li> <li>• Stress management.</li> <li>• Types of goals.</li> <li>• SMART targets.</li> <li>• Information processing.</li> <li>• Guidance and feedback.</li> <li>• Arousal and inverted U theory.</li> <li>• Stress management.</li> </ul> <p><i>NEA- Analysis and evaluation of performance.</i></p>	<p><u>Topics covered this term:</u></p> <ul style="list-style-type: none"> <li>• Aggression.</li> <li>• Personality.</li> <li>• Motivation.</li> <li>• Bones and skeleton function • Muscles of the body.</li> <li>• Synovial joints.</li> </ul> <p><i>NEA- Analysis and evaluation of performance.</i></p>

	<i>Students will also begin to complete their NEA- Analysis and evaluation of performance.</i>		
11	<p><u>Topics covered this term:</u></p> <ul style="list-style-type: none"> <li>• Types of movement.</li> <li>• Levers.</li> <li>• Planes and axes.</li> <li>• Cardiovascular system.</li> <li>• Respiratory system.</li> <li>• Health, fitness and well-being.</li> <li>• Sedentary lifestyle and obesity.</li> <li>• Energy balance and diet.</li> <li>• Hydration.</li> </ul> <p><i>NEA- Analysis and evaluation of performance.</i></p>	<p><u>Topics covered this term:</u></p> <ul style="list-style-type: none"> <li>• Somatotypes.</li> <li>• Factors affecting participation.</li> <li>• Engagement patterns.</li> <li>• Commercialisation.</li> <li>• Conduct of performers.</li> <li>• Performance enhancing drugs.</li> <li>• Spectator behaviour.</li> <li>• Hooliganism.</li> </ul> <p><i>In the window for moderation of the NEA.</i></p>	<p><u>Topics covered this term:</u></p> <ul style="list-style-type: none"> <li>• Revision of all content covered in preparation for paper 1 and paper 2 exam.</li> </ul>

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**Curriculum overview – GCSE PE- Bedlington.**