

<p><b>Overview of the year:</b>                  This year we will complete the remaining two units required for the successful completion of the course. We will start with the externally examined unit. This unit will be comprised of a variety of multiple choice, questions, short answer questions and sustained written responses. In this unit, a large amount of the information used to complete the PEP in year 10 will be required. The exam will be sat just before the Christmas holiday, revision will be done in lessons alongside the independent revision that students will complete at home. Following the completion of this unit, we will then complete unit 5 – The sports performer in action. In this unit the long- and short-term impacts of exercise on the cardiorespiratory and musculoskeletal systems will be examined in depth.                  Following the completion of this unit, we will then complete unit 2 – The sports performer in action. In this unit there will be assessment of practical performance as well as having to show a deep understanding of the rules, regulations and scoring systems of sports. In addition to this, there will be analysis of performance and use of data to inform improvement.</p>			<p><b>Ways to consolidate and extend your learning in Sport and fitness:</b>                  The main resource for learning Sport and fitness are the revision guides given to you by the school. Revisiting content at home after lessons is an important way to revise and consolidate information. Additionally, going over key areas of the PEP unit will aid revision as these have been applied in the way that will be needed. Watching sport and trying to understand the intricate rules, why they exist, and the roles of officials will also help for this year.</p>	
Half Term	Unit title	Knowledge	Skills	Assessment
1, 2	Fitness for sport and exercise – Unit 1	The key areas are; Principles of training, methods of training, skill related fitness, physical fitness, fitness testing and exercise and heart rate. These areas need to be able to be interlinked.	Writing sustained responses in a structured manner Linking different ideas to show how they work together Identifying relevant information	External exam made up of 60 marks. These marks will include multiple choice questions, short response questions and extended written answers.
3, 4	The sports performer in action	The impact of exercise on two major body systems; the cardiorespiratory system and the musculoskeletal system will be considered. For both systems the immediate (short term) effects of exercise as well as the adaptations (long term effects) will be investigated	Linking of information Understanding multi layered relationships between information Evaluating and predicting the impact of change	Documents will be produced showing both the short term and long-term impacts of exercise on the two body systems being investigated.