

Year 11

Paper 1: The human body and movement in

Paper 2: Socio-cultural influences and well-

Non-exam assessment: Practical performance in

Sports Psychology
Classification of skills.
Goal setting. Motivation
Information processing.
Guidance. Aggression.
Arousal. Personality.

Social Groups
Commercialization of sport
Media.
Sponsorship.
Technology.

Ethics and socio-cultural.
Drugs.
Etiquette.
Hooliganism.

Health Fitness and well-being.
Participation.
Obesity.
Somatotypes.

Diet, Nutrition.
Balanced diets.
Energy use.
Role of fats, protein and carbs.

Year 10

Applied anatomy and physiology
Musculoskeletal.
Cardio-respiratory.
Anaerobic/Aerobic exercise.

Movement Analysis
Levers
Planes and axes

Physical Training
Components of fitness.
Principles of training.
Injury prevention.
Warm up/cool down.

The use of data
Qualitative and quantitative.
Presenting data.
Analyse and evaluate data.

Year 9

Outwitting opponents
Football, Netball, Hockey, Rugby, Tennis,
Cricket,
Rounders
Football, Netball, Hockey, Rugby, Tennis,
Cricket,
Rounders
Football, Netball, Hockey, Rugby, Tennis,
Cricket,
Rounders

Performance at Maximum Levels
Athletics
Athletics
Athletics

Accurate Replication
Dance
Dance
Dance

Assessment Objectives
Analyse and evaluate factors.
Demonstrate and apply relevant skills and techniques.
Apply knowledge and understanding.
Demonstrate and apply relevant skills and techniques.
Demonstrate knowledge and understanding.
Demonstrate and apply relevant skills and techniques.

Year 8

Year 7