



## Year One

Week	Summary of content to be taught
<b><i>Health, Fitness and Well-being (Paper 2: Health and Performance)</i></b>	
<b>1</b>	Physical, emotional and social health
<b>2</b>	Lifestyle choices
<b>3</b>	Impact of lifestyle choices
<b>4</b>	Sedentary lifestyles and consequences
<b>5</b>	Balanced diet and the role of nutrients
<b>6</b>	Dietary manipulation for sport
<b>7</b>	Optimum weight
<b><i>Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)</i></b>	
<b>8</b>	Functions of the skeletal system
<b>9</b>	Classification of bones
<b>Week</b>	Summary of content to be taught
<b>10</b>	Structure of the skeletal system
<b>11</b>	Classification and roles of muscles
<b>12</b>	Location and roles of key voluntary muscles
<b>13</b>	Antagonistic muscles
<b>14</b>	Fast and slow twitch muscle fibres
<b>15</b>	Structure and function of the cardiovascular system

<b>16</b>	Arteries, capillaries and veins
<b>17</b>	Vascular shunting
<b>18</b>	Components of blood and their significance for physical activity
<b>19</b>	Respiratory system – composition of air; lung volumes
<b>20</b>	Location and roles of principal components of respiratory system
<b>21</b>	Structure and function of alveoli
<b>22</b>	Energy sources; aerobic and anaerobic exercise and short term effects of exercise
<b>Week</b>	<b>Summary of content to be taught</b>
<b><i>Movement Analysis (Paper 1: Fitness and Body Systems)</i></b>	
<b>23</b>	Lever system – first, second and third class levers
<b>24</b>	Mechanical advantage in sport and physical activity
<b>25</b>	Movement possibilities at joints; utilisation of movement in physical activity
<b>26</b>	Joint classification and impact on movement axes
<b>27</b>	Planes and axes – generalised movement patterns
<b><i>Sport Psychology (Paper 2: Health and Performance)</i></b>	
<b>28</b>	Goal setting – SMART targets
<b>29</b>	Classification of skills
<b>30</b>	Forms of practice – theory and practical application
<b>31</b>	Types of guidance – theory and practical application
<b>32</b>	<b>Mental preparation for performance;</b> Types of feedback

<b>33</b>	Sports psychology – use of data
<b>Week</b>	<b>Summary of content to be taught</b>
<b>34</b>	Revision of Year One content
<b>35</b>	Revision of Year One content
<b>36</b>	Mock exam

