

Module/Unit of Learning	Taught During	What will students learn?	How are students challenged to become experts?	Links to other Subjects
Anatomy and Physiology	Autumn Term	In the world of team and individual sport, it is vital that coaches keep their performers in peak condition. They do this by regularly monitoring them through fitness tests and by designing bespoke training programmes to suit the type of sport, performance schedule and the individual themselves. High quality training programmes apply principles of training to the requirements of the individual in their development and implementation.	<p>Students are challenged to become experts by studying the following high level concepts</p> <p>Applying prior and new knowledge to analyse movement at a joint</p> <p>Writing a high quality description of the functions of the skeleton and their application to sport</p> <p>Having detailed understandings of the mechanisms at joints, levers and axis, and how these relate to sport</p>	Maths, Biology, Physics, Chemistry, History, English, Class
Body Systems- Effects of Exercise	Spring Term	Students will learn to explain the structure of the circulatory, respiratory, muscular and skeletal systems. Students will be required to detail the roles of each section of these systems. Students will explore the Short and Long Term effects of exercise on these systems, and be able to describe aerobic and anaerobic respiration,	<p>Students are challenged to become experts by studying the following high level concepts</p> <p>Expert Knowledge, and ability to explain each of the body systems structure</p> <p>To be able to explain the short and long term effects of exercise, with application to sporting scenarios</p>	Maths, Biology, Chemistry, History, English

			Detailing the scientific formulae for Aerobic and Anaerobic Respiration	
Methods of Training/ Health and Well Being	Summer Term	<p>Students will learn to analyse the different components of health, and what it means to be fit and healthy. Students will develop their understanding of the components of fitness, and how these are measured using standardised testing</p> <p>Students will be able to give a detailed account of the methods of training, and the advantages and disadvantages</p> <p>Students will develop a theoretical understanding how to apply these methods of training to athletes.</p> <p>Students will gain a basic understanding of injuries and how they can be prevented. Students will study the guidelines on diet</p>	<p>Students are challenged to become experts by studying the following high level concepts</p> <p>Expert Knowledge on what it means to be fit for different sports, and how to conduct standardised tests</p> <p>To be able to explain how the different methods of training link to each component of fitness</p> <p>To be able to describe the impact of micronutrients and macronutrients on sporting performance</p>	Maths, Biology, Chemistry, History, English, Class