

Learners who demonstrate high levels of practical performance, with excellent theoretical knowledge of Physiological factors, Socio-Cultural influences, and Sport Psychology. Learners have the skills to apply practical examples, analyse and evaluate sports performance.

ANALYSIS AND EVALUATION OF PERFORMANCE
What are the skill and fitness components in your chosen sport?



How do sport performers optimise their training?

What are the principles of training?



Can you devise an action plan to improve a specific area of performance?

What are the potential hazards in sport and physical activity?

How can sports performers reduce the risk of injury?

PHYSICAL TRAINING
What are the components of fitness?

What are the different types of synovial joint?

What are the planes of movement and axes of rotation?

What are the functions of the skeletal system?

What are the short and long-term effects of exercise?

ANATOMY & PHYSIOLOGY
What are the names and locations of the major bones and muscles in the human body?

How do our muscles produce movement?

How does the structure and function of the cardiovascular and respiratory systems operate to enable sports performance?



YEAR 11



How can diet and nutrition help optimise sports performance?

HEALTH, FITNESS AND WELL-BEING
What are the health related benefits of an active lifestyle?

SPORTS PSYCHOLOGY
What is skilled performance in sport?



What are the components of a balanced diet?

How do sports coaches and performers use goal setting, guidance, feedback and mental preparation to optimise performance?



What are current ethical issues, such as drug use to enhance performance and violence in sport?

Have I perfected all core skills, and could I coach these to other players?

PRACTICAL PERFORMANCE
How can you improve your levels of practical performance in three sports from the approved list?



What is commercialisation and the relationship between sport, sponsorship and the media?

YEAR 10

Can I perform any advanced skills in a game situation (e.g. topspin backhand in table tennis?)

SOCIO-CULTURAL INFLUENCES
What are the current trends and factors affecting participation in sport and physical activity in UK?

APPLIED SKILLS / FITNESS COMPONENTS
Can I perform the core and advanced skills for each sport in a game situation?

Do I know a variety of skills and when to apply them in competitive situations?

RULES/KNOWLEDGE/ UNDERSTANDING
Can I lead a group warm-up and cool down?

YEAR 9

Can I perform any advanced skills in isolation?

Can I encourage my team to show better sportsmanship and communication which impacts the entire game?

Do I fully understand the rules of the game, and can I referee or umpire a full competitive match?

Can I plan and implement more advanced tactics or game plans in a competitive situation?

Can I perform the core skills for each sport in isolation and in a conditioned game?

What are the skills and tactics needed to be effective in each position (e.g. a volleyballer varying their set to create an effective attack?)

RULES/KNOWLEDGE/ UNDERSTANDING
Can I plan and implement my own warm-up and cool down?



How can I improve my leadership, sportsmanship and communication?

YEAR 8

What makes an effective team player?

What are the specific tactics in each sport (e.g. counterattack, high press?)

What are the more advanced rules of the game (e.g. when to play a let in badminton?)



APPLIED SKILLS / FITNESS COMPONENTS
Do I understand the specific fitness components required in each sport?

What are the different skills and techniques I can use in each sport (e.g. different types of serve in table tennis?)

What are the basic principles of attack and defence?

APPLIED SKILLS/FITNESS COMPONENTS
What are the core skills for each sport (e.g. passing and shooting in football?)

What are the basic rules of each sport (e.g. how can you be out when batting in cricket?)



RULES/KNOWLEDGE/ UNDERSTANDING
What is a warm-up and cool down?



WELCOME

Can I perform the core skills in isolation or a conditioned game, and can I attempt some advanced skills?

How can I improve my fitness and skills in each sport?

What are the positions and formations used in each sport (e.g. goal attack in netball?)

What is the basic scoring system for each sport (e.g. how many points per basket in basketball?)



What tests can we do to assess our level of performance?

YEAR 7