

	HT1	HT2	HT3	HT4	HT5	HT6
Year 10 GCSE	The structure and functions of the musculoskeletal system	Classification of skill and optimising performance in sport	The structure and functions of the cardio-respiratory system	The components of fitness, benefits for sport and how fitness is measured and improved	Mental preparation for performance	Lever systems and mechanical advantage
Year 10 CNAT	UNIT R186: Sport and Media TA 1: The different sources of media that cover sport Unit R185: Performance and leadership in sports activities Topic Area 1: Key components of performance	UNIT R186: Sport and Media TA 2: Positive effects of the media in sport Unit R185: Performance and leadership in sports activities Topic Area 1: Key components of performance	UNIT R186: Sport and Media TA 3: Negative effects of the media in sport Unit R185: Performance and leadership in sports activities Topic Area 1: Key components of performance	UNIT R185: TA 3: Organising and planning a sports activity session Topic Area 1: Key components of performance Unit R185: Performance and leadership in sports activities	UNIT R185: TA 3: Organising and planning a sports activity session UNIT R185 TA 4: Leading a sports activity session	UNIT R185 TA 5: Reviewing your own performance in planning & leading a sports activity session UNIT R185 TA2: Performance in sports activities Applying practice methods to support improvement in a sporting activity
Year 11 GCSE	Engagement patterns, commercialisation and technology in sport Ethical	NEA - Analysis and evaluation of performance to bring about improvement in one activity	Physical, emotional and social health, fitness and well being	Revision and Examinations		
Year 11 CNAT	UNIT R185: TA 2: Performance in sports activities. Applying practice methods to support improvement in a sporting activity	Unit R185: Performance and leadership in sports activities Topic Area 1: Key components of performance	Unit R184: Contemporary issues in sport	Unit R184: Contemporary issues in sport	Revision and Examination	

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Year 12 A Level	Sport and Society Emergence of globalisation of sport in the 21st century  <b>Applied Anatomy and Physiology</b> <i>The impact of exercise on the body system</i>		Sport and Society The impact of sport on society and of society on sport  <b>Skill Acquisition</b> <i>How skill is acquired and the impact of psychological factors on performance</i>		The impact of sport on society and of society on sport  <b>NEA</b> <i>Analysis and Evaluation</i>  <b>Exercise physiology</b> <i>Adaptations of the body systems through training and lifestyle</i>	
Year 13 A Level	The Development of elite performers in Sport  Ethics in Sport		Violence in sport / Drugs in sport / Sport and the Law  the Impact of Commercialisation on Physical Activity and Sport / The role of Technology in Physical Activity and Sport		Revision and Examinations	
	<b>Exercise Physiology</b> <i>Adaptations of the body systems through training and lifestyle</i>  <b>Psychology of sport</b> <i>The role of sports psychology in optimising performance in physical activity and sport</i>			Revision and Examinations		