

Year 10 GCSE



	Cycle 1	Cycle 2	Cycle 3
Key concepts (Head/Heart/Hands)	Anatomy and physiology in sport	Training programmes	Motivation and personality
Practical (Procedural Knowledge)	Skills, Techniques and game understanding of tactics in: Volleyball Table Tennis Badminton	Skills, Techniques and game understanding of tactics in: Badminton Handball Volleyball	Skills, Techniques and game understanding of tactics in: Athletics Swimming Video footage
Theory (Substantive/ Declarative Knowledge)	The skeletal system Joints and movement Muscular system Antagonistic pairs of muscles Types of movement Connective tissues and linkage Respiratory system Cardiovascular system	Anaerobic and aerobic exercise Link between aerobic/anaerobic and sporting movement Components of fitness Fitness testing Warm up/cool down Methods of training Principles of training Training Thresholds	Sports Psychology- Skill vs ability Classification of Skill Goals and target setting Information processing and performance Feedback and performance Application of feedback and guidance Arousal Aggression
Hinterland Knowledge (Cultural capital)	Examples within a variety of sport (Linking) ADDuction ABduction	Examples within a variety of sports (Linking) SPORT- Principles of training FITT- overload	Examples within a variety of sports (Linking)
Disciplinary Knowledge (how did we get the information)	N/A	Fartlek training – speed play in Sweden	Debate regarding nature vs nurture Discussion on technology evolving performance analysis
Assessment approach	Mid cycle- Practical/Mini theory assessment End of cycle assessment- Practical/Theory exam	Mid cycle- Practical/Mini theory assessment End of cycle assessment- Practical/Theory exam	Mid cycle- Practical/Mini theory assessment End of cycle assessment- Practical/Theory exam
Homework	Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks.	Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks.	Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks.

