

## Curriculum Overview: Year 10 Sport

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic:</b> CA1: Structure and function of the body systems -Skeletal system -Muscular system -Respiratory system -Cardiovascular system -Energy systems	<b>Topic:</b> CA2: Effects of health and fitness activities on the body	<b>Topic:</b> CA3: Health and fitness and the components of fitness -Understanding health and fitness -Components of fitness	<b>Topic:</b> CA4: Principles of training	<b>Topic:</b> CA5: Testing and developing components of fitness -Fitness testing -Training methods -Optimising a health and fitness programme	<b>Topic:</b> CA6: Impact of lifestyle on health and fitness
<b>Links to prior learning</b> -body systems <b>Stretch and Challenge Enquiry</b> -How many bones are there in the body?	<b>Links to prior learning</b> -body systems - short- and long-term effects of physical activity <b>Stretch and Challenge Enquiry</b> -What muscles do I use when throwing a ball?	<b>Links to prior learning</b> -components of fitness <b>Stretch and Challenge Enquiry</b> -What changes happen to my body when I exercise?	<b>Links to prior learning</b> -components of fitness -Principles of Training and FITT <b>Stretch and Challenge Enquiry</b> -What are my fitness strengths/weaknesses?	<b>Links to prior learning</b> -Principles of Training and FITT -fitness tests <b>Stretch and Challenge Enquiry</b> -What is a good score in fitness tests?	<b>Links to prior learning</b> -balanced diet -activity levels -fitness tests <b>Stretch and Challenge Enquiry</b> -How can I improve my own fitness levels?
<b>Equipment Needed</b>		<b>Wider Reading</b>		<b>Family activities</b>	
<ul style="list-style-type: none"> <li>Pencil case</li> <li>Red or black T shirt/Polo Shirt</li> <li>Black Shorts/Tracksuit Bottoms</li> <li>Red or black Sweatshirt/Jumper</li> <li>Trainers</li> <li>Red or black Football Socks</li> <li>Football Boots and Shinpads</li> <li>NO Coats, Zipped Jackets or Hoodies</li> </ul>		<a href="https://www.ncfe.org.uk/qualification-search/qualification-detail/ncfe-level-12-technical-award-in-health-and-fitness-111">https://www.ncfe.org.uk/qualification-search/qualification-detail/ncfe-level-12-technical-award-in-health-and-fitness-111</a>		<ul style="list-style-type: none"> <li>Ensure your child is prepared for their Sport lessons by having the correct equipment</li> <li>Encourage your child to attend Sport lesson 6</li> <li>Encourage your child to take part in PE/Sport extra-curricular activities at school</li> <li>Provide opportunities for your child to take part in physical activity (exercise or sport) outside of school</li> <li>Encourage your child to watch sport e.g. on TV</li> </ul>	