

TOPIC 3: PHYSICAL TRAINING	
3.1 Relationship between health and fitness	3.1.1 Definitions of fitness, health, exercise and performance and the relationship between them
3.2 Components of fitness	3.2.1 Components of fitness and the relative importance of these components in physical activity and sport
	3.2.2 Fitness testing
	3.2.3 Collection and interpretation of data from fitness test results and analysis and evaluation of these against normative data tables
	3.2.4 Fitness tests for specific components of fitness
	3.2.5 How fitness is improved
3.3 Principles of training	3.3.1 Planning training using the principles of training.
	OCTOBER HALF-TERM
	3.3.2 Factors to consider when deciding the most appropriate training methods and training intensities
	3.3.3 Use of different training methods for specific components of fitness
3.4 Long-term effects of exercise	3.4.1 Long-term effects of aerobic and anaerobic training
	3.4.2 Long-term training effects
	3.4.3 Long-term training effects and benefits for musculo-skeletal system
	3.4.4 Long-term training effects and benefits for the cardio-respiratory system
REVISION	Revision for Mocks
	CHRISTMAS HOLIDAYS
	Revision for Mocks
3.5 How to optimise training and prevent injury	3.5.1 Use of a PARQ
	3.5.2 Injury prevention
	3.5.3 Injuries that can occur
	3.5.4 RICE
	3.5.5 Performance-enhancing drugs (PEDs)
3.6 Effective use of warm up and cool down	3.6.1 Purpose and importance of warm-ups and cool downs
	3.6.2 Phases of a warm-up
	3.6.3 Activities included in a warm-up and cool downs
	FEBRUARY HALF-TERM
TOPIC 4: USE OF DATA	
4.1 Use of data	4.1.1 Develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport
	4.1.2 Demonstrate an understanding of how data is collected- qualitative and quantitative
	4.1.3/4.1.4 Present and interpret data accurately
	4.1.5 Analyse and evaluate statistical data from their own results

2.1 Lever systems	2.1.1 First, second and thir class levers
	2.1.2 Mechanical advantage and disadvantage
	2.2.1 Movement patterns using body planes and axes
2.2 Planes and axes of movement	2.2.2 Movement in the sagittal plane about the frontal axis (somersaults)
	2.2.3 Movement in the frontal plane about the sagittal axis (cartwheel)
	2.2.4 Movement in the transverse plane about the vertical axis (full twist jump in trampolining)
REVISION	EASTER
	REVISION
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	REVISION
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	REVISION
	SUMMER HOLIDAYS