

Chapter 1 – Applied Anatomy and Physiology

Lesson	Lesson Topic	In Class Tasks
1	Functions of the skeleton	Teacher to present PowerPoint Pupils to write out key words and definitions in exercise books Pupils to stick in picture and complete class task
2	Bone Classifications	Starter Task - label the skeleton (without using homework sheets) Class Task - draw and complete a table with all relevant information about the classification of bones
3	Joints and Movement	Teacher to present PowerPoint Pupils to write out key words and definitions in exercise books Class Task - begin Joints worksheet ensuring accurate sporting examples are given
4	Revision Lesson	Pupils to attempt test practice questions in exam conditions - 20 minutes Pupils then permitted to use notes to help them - 15 minutes Teacher to go through answers - 15 minutes
5	Topic Test Lessons 1-4	Pupils given whole lesson to complete Topic Test Teacher to mark tests for next lesson
6	Topic test Feedback (DIRT)	Teacher to discuss mark scheme with pupils Pupils to annotate test papers where marks have been lost (purple pen) Pupils performing below aspirational targets will either re-write 9 mark question or re-sit whole test during intervention
Teacher to collect books/folders for marking. Traffic light stickers given relating to pupil progress towards aspirational targets		
7	Muscle Types	Teacher to present PowerPoint Pupils to write out key words and definitions in exercise books Pupils encouraged to draw vasoconstricted and vasodilated blood vessels as part of their notes Class task - explain importance of the three muscle types for a hockey player
8	Antagonistic Muscle Pairs	Teacher to present PowerPoint Starter Task - label the muscles (without using homework sheets) Pupils to write out key words and definitions in exercise books Class task - complete antagonistic muscle pairs exam question
9	Muscle Fibres	Teacher to present PowerPoint Pupils to write out key words and definitions in exercise books Class task - draw a table of information in their books Extended class task - exam question practice
10	Topic Test Lessons 7-9	Pupils given whole lesson to complete Topic Test Teacher to mark tests for next lesson

11	Topic test Feedback (DIRT)	<p>Teacher to discuss mark scheme with pupils</p> <p>Pupils to annotate test papers where marks have been lost (purple pen)</p> <p>Pupils performing below aspirational targets will either re-write 9 mark question or re-sit whole test during intervention</p>
Teacher to collect books/folders for marking. Traffic light stickers given relating to pupil progress towards aspirational targets		
12	Functions of the CV System	<p>Teacher to present PowerPoint</p> <p>Pupils to write out key words and definitions in exercise books</p> <p>Class Task - explain how functions of CV system benefit the performance of an athlete of your choice</p>
13	The Heart and Blood Vessels	<p>Starter task: Label the heart. Pupils to stick in artwork</p> <p>Teacher to present PowerPoint - pupils to make notes and stick in relevant artwork</p>
14	Components and Journey of Blood	<p>Starter Task - pupils asked to name the blood vessels stating structural and functional facts</p> <p>Teacher to present PowerPoint</p> <p>Whole Class Task - With guidance from teacher, pupils to explain blood's journey through the heart and body</p> <p>Paired Task - Pupils asked to place the statements about the blood's journey in order</p> <p>Pupils to stick in correct order and be given artwork for components of blood note making</p> <p>Pupils to write out key words and definitions of the components of blood in exercise books</p> <p>Practice exam questions available as a stretch and challenge task</p>
15	Topic Test Lessons 12-14	<p>Pupils given whole lesson to complete Topic Test</p> <p>Teacher to mark tests for next lesson</p>
16	Topic test Feedback (DIRT)	<p>Teacher to discuss mark scheme with pupils</p> <p>Pupils to annotate test papers where marks have been lost (purple pen)</p> <p>Pupils performing below aspirational targets will either re-write 9 mark question or re-sit whole test during intervention</p>
Teacher to collect books/folders for marking. Traffic light stickers given relating to pupil progress towards aspirational targets		
17	The Respiratory System	<p>Teacher to present PowerPoint - very discussion and Q&A based</p> <p>Pupils to write out key words and definitions in exercise books - artwork available to stick in</p>
18	Gaseous Exchange	<p>Starter Task - respiratory system recap. Pupils to discuss questions in pairs</p> <p>Teacher to present PowerPoint</p> <p>Pupils to write out key words and definitions in exercise books - artwork available to stick in</p> <p>Paired Task - Pupils asked to place the statements about the cardio-respiratory system in order</p>
19	Aerobic and Anaerobic Exercise	<p>Starter Task - self marking of exam practice homework task</p> <p>Teacher to present PowerPoint</p> <p>Pupils to write out key words and definitions in exercise books - artwork available to stick in</p> <p>Class Task - Draw and complete a table of activities related to aerobic/anaerobic/both</p>

20	Topic Test Lessons 17-19	Pupils given whole lesson to complete Topic Test Teacher to mark tests for next lesson
21	Topic test Feedback (DIRT)	Teacher to discuss mark scheme with pupils Pupils to annotate test papers where marks have been lost (purple pen) Pupils performing below aspirational targets will either re-write 9 mark question or re-sit whole test during intervention
Teacher to collect books/folders for marking. Traffic light stickers given relating to pupil progress towards aspirational targets		
22	Short Term Effects of Exercise Cardiac / Respiratory System	Teacher to present PowerPoint Pupils to write out key words and definitions in exercise books - artwork available to stick in
23	Short Term Effects of Exercise Vascular / Muscular System	Starter Task - Lesson 22 recap. Pupils to discuss short term effects graphs in pairs Teacher to present PowerPoint Pupils to write out key words and definitions in exercise books - artwork available to stick in Class Task - Draw spider diagram representing all the short term effects of exercise Teacher to provide colouring pencils/highlighters and pupils encourage to put effort in to the presentation
24	Long Term Effects of Exercise	Teacher to present PowerPoint Pupils to stick in artwork and make notes on definitions and key words Lots of opportunity for discussion
25	End of Unit Test Lessons 1-24	Pupils given whole lesson to complete Topic Test Test 1: Multiple Choice and short answer questions Teacher encouraged to mark tests for next lesson (to save on work load)
26	End of Unit Test Lessons 1-24	Pupils given whole lesson to complete Topic Test Test 2: Two 9 marker questions Teacher encouraged to mark tests for next lesson (to save on work load)
27	Topic test Feedback (DIRT)	Teacher to discuss mark scheme with pupils Pupils to annotate test papers where marks have been lost (purple pen) Pupils to be given copies of model 9 mark answers for their folders Pupils performing below aspirational targets will either re-write 9 mark question or re-sit whole test during intervention
Teacher to collect books/folders for marking. Traffic light stickers given relating to pupil progress towards aspirational targets		
END OF UNIT		

Chapter 2 – Movement Analysis

Lesson	Lesson Topic	In Class Tasks
1	Levers	<p>Teacher to present PowerPoint</p> <p>Pupils to write out key words and definitions, and draw the lever systems in exercise books</p> <p>Class Task: Create different lever systems with ruler (lever), pencil (fulcrum) and rubber (load)</p>
<i>It is unlikely that this content will be delivered all in one lesson - so a second lesson on Levers would be appropriate</i>		
2	Levers	<p>Starter Task - Recap of Lever systems</p> <p>Teacher to present from same PowerPoint</p> <p>Pupils to write out key words and definitions in exercise books</p> <p>Class Task: Create mechanical advantages/disadvantages with ruler (lever), pencil (fulcrum) and rubber (load)</p> <p>Class Task: Exam Question (rowers)</p>
3	Planes and Axes	<p>Teacher to present PowerPoint</p> <p>Pupils to write out key words and definitions</p> <p>Use of following link if required: https://www.youtube.com/watch?v=rTromLtwgE0</p>
4	Revision Lesson	<p>Pupils to attempt test practice questions using notes/textbook - 20 minutes</p> <p>Teacher to go through answers - 15 minutes</p>
5	Topic Test Lessons 1-4	<p>Pupils given whole lesson to complete Topic Test</p> <p>Teacher to mark tests for next lesson</p>
6	Topic test Feedback (DIRT)	<p>Teacher to discuss mark scheme with pupils</p> <p>Pupils to annotate test papers where marks have been lost (purple pen)</p> <p>Pupils performing below aspirational targets will either re-write 9 mark question or re-sit whole test during intervention</p>
Teacher to collect books/folders for marking. Traffic light stickers given relating to pupil progress towards aspirational targets		
END OF UNIT		

Chapter 3 – Physical Training

Lesson	Lesson Topic	In Class Tasks
1	Fitness, Health and Components	<p style="text-align: center;">Teacher to present PowerPoint Pupils to write out key words and definitions in exercise books Pupils to complete methods of training work sheet</p>
2	Fitness, Health and Components	<p style="text-align: center;">Exam question given to class "Explain the relative importance of reaction time, speed and cardiovascular fitness for a 100m runner" Teacher to discuss 9 mark question structure (pupils to take notes) Pupils given 25 minutes to complete answer in full in their exercise books Pupils stick in marking sheet and peer mark another pupil's work</p>
Teacher to collect books/folders for marking. Comments given based on quality of notes and attempted 9 marker		
3	Fitness Testing	<p style="text-align: center;">Teacher to present PowerPoint Pupils to make notes on Fitness Testing Pupils stick in exam questions and attempt to answer (10 minutes) Teacher to present mark scheme - pupils to mark and annotate their answers in green pen</p>
4	Methods of Training	<p style="text-align: center;">Teacher to present PowerPoint Pupils to create poster using template Teacher to hand out completed poster. Pupils to add both posters to their folders</p>
5	Methods of Training	<p style="text-align: center;">Exam question given to class "Evaluate whether a 50 m front crawl competitive swimmer should use a combination of interval training and weight training to improve their performance" Pupils given 10 minutes to discuss essay plan with partner Pupils given 25 minutes to complete answer in full in their exercise books Pupils given mark scheme to stick in book - pupils to mark and annotate their answers in green pen</p>
6	Principles of Training	<p style="text-align: center;">Teacher to present PowerPoint Pupils to complete class handout (differentiated worksheets available)</p>
7	Topic Test Lessons 1-5	<p style="text-align: center;">Pupils given whole lesson to complete Topic Test Teacher to mark tests for next lesson</p>
8	Topic test Feedback (DIRT)	<p style="text-align: center;">Teacher to discuss mark scheme with pupils Pupils to annotate test papers where marks have been lost (purple pen) Pupils performing below aspirational targets will either re-write 9 mark question or re-sit whole test during intervention</p>
Teacher to collect books/folders for marking. Traffic light stickers given relating to pupil progress towards aspirational targets		
9	Avoiding Injury and Types of Injury	<p style="text-align: center;">Teacher to present PowerPoint After discussion, pupils to make notes on the 6 rules of optimising training and avoiding injury Pupils to use textbooks (pages 96-99) to complete worksheet on injuries Teacher to go through work sheet explaining key terms verbally</p>
10	Performance Enhancing Drugs	<p style="text-align: center;">Begin lesson with spot test on injuries - this is not a formal assessment Teacher to present PowerPoint on performance enhancing drugs Pupils to make notes in their exercise books, and finish the lesson with the exam style questions</p>
11	Performance Enhancing Drugs	Group Task - Athlete's discussion (revision)

		Watch full Lance Armstrong interview with Oprah Winfrey
12	Topic Test Lessons 9-11	Pupils given whole lesson to complete Topic Test Teacher to mark tests for next lesson
13	Topic test Feedback (DIRT)	Teacher to discuss mark scheme with pupils Pupils to annotate test papers where marks have been lost (purple pen) Pupils performing below aspirational targets will either re-write 9 mark question or re-sit whole test during intervention
14	Warm-Up and Cool Down	Teacher to present PowerPoint Pupils to complete class handout, designing their own warm up for their designated sport (and position) This could be done as a practical lesson if teacher prefers, with worksheet being completed for homework
15	Practice Exam Questions	Pupils encouraged to attempt Chapter 3 revision questions without the use of their notes Pupils to use their notes (folders and exercise books) as well as textbooks to help answer questions
Teacher to collect books/folders for marking. Traffic light stickers given relating to pupil progress towards aspirational targets		
END OF UNIT		