

Year	Autumn	Spring	Summer
10	<p>Topics covered this term:</p> <ul style="list-style-type: none"> • Health and fitness • Components of fitness • Measuring components of fitness • Reasons for and limitations of fitness testing • Training types • Principles of training • Calculating intensity • Warm up and cool down • Injury prevention • Altitude training • Seasonal aspects 	<p>Topics covered this term:</p> <ul style="list-style-type: none"> • Skill and ability • Classification of skill • Stress management • Types of goals • SMART targets • Information processing • Guidance and feedback • Arousal and inverted U theory • Stress management 	<p>Topics covered this term:</p> <ul style="list-style-type: none"> • Aggression • Personality • Motivation • Bones and skeleton function • Muscles of the body • Synovial joints
11	<p>Topics covered this term:</p> <ul style="list-style-type: none"> • Health, fitness and well-being • Sedentary lifestyle and obesity • Somatotypes 	<p>Topics covered this term:</p> <ul style="list-style-type: none"> • Factors affecting participation • Engagement patterns • Commercialisation 	<p>Topics covered this term:</p> <ul style="list-style-type: none"> • Revision of all content covered

	<ul style="list-style-type: none"> • Energy balance and diet • Hydration • NEA – Analysis and evaluation of performance 	<ul style="list-style-type: none"> • Conduct of performers • Performance enhancing drugs • Spectator behaviour • Hooliganism 	
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Curriculum overview – GCSE Physical Education- Ashington.