

Year 10 knowledge

High altitude training and seasonal aspects.
Warming up and cooling down.
The meaning of health and fitness: physical, mental/emotional and social health- linking participation in physical activity to exercise, sport to health and well-being.
The consequences of a sedentary lifestyle.
Obesity and how it may affect performance in physical activity and sport.
Somatotypes.
Energy use
Reasons for having a balanced diet and the role of nutrients.
The role of carbohydrates, fat, protein, vitamins and minerals.
The role of carbohydrates, fat, protein, vitamins and minerals.
Reasons for maintaining water balance (hydration) and further applications of the topic area.
Skill and ability.
Classification of skill.
Arousal and the Inverted-U theory.
Application of how optimal arousal has to vary in relation to the skill/stress management techniques.
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Definition of and types of goals.
The use of and evaluation of setting performance and outcome goals.
The use of SMART targets to improve/optimize performance.
Basic information processing model.
Basic information processing model.
Identify examples of, and evaluate, the effectiveness of types of guidance and feedback.

Direct and indirect aggression.
Understand the characteristics of introvert and extrovert personality types.
Definition of intrinsic and extrinsic motivation, as used in sporting examples.
Evaluation of the merits of intrinsic and extrinsic motivation in sport.

skills	Recall and capacity to answer questions fulfilling AO1 AO2 AO3	Recall and capacity to answer questions fulfilling AO1 AO2 AO3	Recall and capacity to answer questions fulfilling AO1 AO2 AO3
Assessment pattern	End of unit tests/ NEA tasks along side progress points	End of unit tests/ NEA tasks along side progress points	End of unit tests/ NEA tasks along side progress points