

Year	Autumn	Spring	Summer
10	<p>Topics covered this term:</p> <ul style="list-style-type: none"> • Effects of exercise • Levers and mechanical advantage • Planes and axis • Skill and ability • Classification of skill • Arousal and inverted U theory • Stress management • Types of goals • SMART targets • Information processing 	<p>Topics covered this term:</p> <ul style="list-style-type: none"> • Guidance and feedback • Health and fitness • Sedentary lifestyle • Obesity • Energy use 	<p>Topics covered this term:</p> <ul style="list-style-type: none"> • Balanced diet • Hydration • NEA – Coursework part 1. Analysis of sports performance
11	<p>Topics covered this term:</p> <ul style="list-style-type: none"> • Aggression • Personality • Motivation • Engagement Patterns • Commercialisation 	<p>Topics covered this term:</p> <ul style="list-style-type: none"> • Performance Enhancing Drugs • Spectator Behaviour • Effects of Exercise • Cardiorespiratory System 	<p>Topics covered this term:</p> <ul style="list-style-type: none"> • Lever Systems • Movement/Joint analysis and review of musculoskeletal system

	<ul style="list-style-type: none"> • Sponsorship • Media/Technology 		<ul style="list-style-type: none"> • Revision of Year 10 and 11 content.
--	---	--	---

Curriculum Overview – GCSE PE- Hermitage.