

Three year plan

Remember that NEA (practical) must include three activities per student and each student must also submit a written or verbal analysis and evaluation task.

Year 1

Teaching week	Summary of content to be taught
Health, fitness and well-being - Paper 2: Socio-cultural influences and well-being in physical activity and sport.	
1	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.
2	The consequences of a sedentary lifestyle.
3	The consequences of a sedentary lifestyle.
4	Obesity and how it may affect performance in physical activity and sport.
5	Somatotypes.
6	Somatotypes.
7	Energy use
8	Energy use.
9	Reasons for having a balanced diet and the role of nutrients.
10	The role of carbohydrates, fat, protein, vitamins and minerals.
11	The role of carbohydrates, fat, protein, vitamins and minerals.
12	Reasons for maintaining water balance (hydration) and further applications of the topic area.
Applied anatomy and physiology - Paper 1: The human body and movement in physical activity and sport.	
13	Bones and the functions of the skeleton.
14	Structure of the skeletal system/functions of the skeleton.
15	Recap on bones and functions.
16	Muscles of the body.
17	Muscles of the body.
18	Structure of a synovial joint.
19	Types of freely moveable joints that allow different movements.
20	How joints differ in design to allow certain types of movement.

21	How joints differ in design to allow certain types of movement.
22	How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints.
23	How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints.
24	Pathway of air.
25	Gaseous exchange.
26	Gaseous exchange.
27	Blood vessels.
28	Blood vessels.
29	Effects of exercise - immediate, short and long term.
30	Effects of exercise - immediate, short and long term.
Sports psychology - Paper 2: Socio-cultural influences and well-being in physical activity and sport.	
31	Skill and ability.
32	Classification of skill.
33	Classification of skill.
34	Revision of Year One content.
35	Revision of Year One content.
36	Mock exam.

Year 2

Teaching week	Summary of content to be taught
Physical training - Paper 1: The human body and movement in physical activity and sport	
1	Health and fitness recap, including the relationship between health and fitness.
2	The components of fitness.
3	The components of fitness.
4	Linking sports and activities to the required components of fitness.
5	Linking sports and activities to the required components of fitness.

6	Reasons for and limitations of fitness testing.
7	Reasons for and limitations of fitness testing.
8	Measuring the components of fitness and demonstrating how data is collected.
9	Measuring the components of fitness and demonstrating how data is collected.
10	The principles of training and overload.
11	Measuring the components of fitness and demonstrating how data is collected.
12	Measuring the components of fitness and demonstrating how data is collected.
13	Types of training.
14	Types of training (continued) with reference to the advantages and disadvantages of using these types for different sports.
15	Calculating intensity.
16	Calculating intensity.
17	Considerations to prevent injury.
18	High altitude training and seasonal aspects.
19	High altitude training and seasonal aspects.
20	Warming up and cooling down.
21	Warming up and cooling down.
22	Re-cap week.
Sports psychology - Paper 2: Socio-cultural influences and well-being in physical activity and sport.	
23	Arousal and the Inverted-U theory.
24	Application of how optimal arousal has to vary in relation to the skill/ stress management techniques.
25	Application of how optimal arousal has to vary in relation to the skill/stress management techniques.
26	Definition of and types of goals.
27	The use of and evaluation of setting performance and outcome goals.
28	The use of SMART targets to improve/optimize performance.
29	Basic information processing model.
30	Basic information processing model.

31	Identify examples of, and evaluate, the effectiveness of types of guidance and feedback.
32	Identify examples of, and evaluate, the effectiveness of types of guidance and feedback.
33	Identify examples of, and evaluate, the effectiveness of types of guidance and feedback.
34	Revision of Year Two content.
35	Revision of Year Two content.
36	Mock exam.

Year 3

Teaching week	Summary of content to be taught
Sports psychology - Paper 2: Socio-cultural influences and well-being in physical activity and sport	
1	Direct and indirect aggression.
2	Understand the characteristics of introvert and extrovert personality types.
3	Definition of intrinsic and extrinsic motivation, as used in sporting examples.
4	Evaluation of the merits of intrinsic and extrinsic motivation in sport.
Socio-cultural influences - Paper 2: Socio-cultural influences and well-being in physical activity and sport.	
5	Engagement patterns and the factors affecting them.
6	Engagement patterns and the factors affecting them.
7	Commercialisation, sponsorship and the media.
8	Positive and negative impacts of sponsorship and the media.
9	Positive and negative impacts of technology.
10	Conduct of performers and introduction to drugs.
11	Sporting examples of drug taking.
12	Sporting examples of drug taking.
13	Advantages/disadvantages to the performer/the sport of taking PEDs.
14	Spectator behaviour and hooliganism, including strategies to combat hooliganism.

Applied anatomy and physiology - Paper 1: The human body and movement in physical activity and sport.	
15	The structure of the heart.
16	The cardiac cycle and the pathway of blood - including revision of blood vessels.
17	Cardiac output and stroke volume.
18	Mechanics of breathing - including revision of gaseous exchange.
19	Interpretation of a spirometer trace.
Movement analysis - Paper 1: The human body and movement in physical activity and sport.	
20	Lever systems.
21	Lever systems and mechanical advantage.
22	Analysis of basic movements in sporting examples - including revision of joints/muscles/bones.
23	Analysis of basic movements in sporting examples - including revision of joints/muscles/bones.
24	Analysis of basic movements in sporting examples - including revision of joints/muscles/bones.
25	Planes and axes.
26	Planes and axes.
27	Revision and exam technique including mock exam.
28	Revision and exam technique.
29	Revision and exam technique.
30	Revision and exam technique.

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