



<p><b>What BIG IDEAS will you cover in this topic?</b></p> <p>In this unit, you will develop an understanding of sports culture as well as health and fitness that builds on the knowledge developed in Year 8. You will learn to answer questions related to the final test and link them to systems in the body.</p>	<p><b>What other <u>key concepts, knowledge and skills</u> will you learn in this topic?</b></p> <p>You will learn how the body's brain is affected by drugs and how fitness is developed by training. You will also learn about how sport is impacted by technology and sponsorship.</p>
<p><b>What important <u>prior knowledge</u> will you use from your prior learning?</b></p> <p>A deep understanding of the body systems was developed in year 10. Students should also know how to answer short-answer questions.</p> <p><b>Where does this topic fit into the <u>curriculum plan</u> for this subject?</b></p> <p>This is the fifth topic within the curriculum and provides a deeper understanding of how the body works within sport.</p>	<p><b>Assessment:</b></p> <p><b>How and when will you be assessed on this topic?</b></p> <p>Students will be assessed through the mock exam process in December of year 11, alongside Unit 2.1, Sports Psychology.</p> <p><b>What will the success criteria be?</b></p> <p>All questions are taken from previous exam papers, and as a result, the success criteria will be the GCSE mark scheme.</p>
<p><b>What is the key <u>vocabulary</u> that you will need to know in this topic?</b></p> <ul style="list-style-type: none"> <li>• Endomorph, Ectomorph &amp; Mesomorph</li> <li>• Sedentary Lifestyle</li> <li>• Etiquette, Sportsmanship &amp; Gamesmanship</li> <li>• Stimulants, Narcotic Analgesics</li> <li>• Carbohydrates, Portion</li> <li>• Dehydration</li> </ul>	<p><b>What is the structure of learning/lessons in this topic?</b></p> <ul style="list-style-type: none"> <li>• 2.2a Factors affecting participation.</li> <li>• 2.2b Sponsorship, Technology &amp; The Media.</li> <li>• 2.2c Conduct of performers and Spectator behaviour.</li> <li>• 2.2d Performance-enhancing drugs.</li> <li>• 2.2e Diet, Water, and Energy Usage</li> </ul>

## COMPONENTS OF FITNESS FOR HEALTH

- CARDIORESPIRATORY ENDURANCE**  
 Our ability to perform an activity, with our heart rate elevated, for a certain amount of time.
- MUSCULAR STRENGTH**  
 Our ability to exert force during an activity.
- FLEXIBILITY/MOBILITY**  
 The range of motion around our joints.
- MUSCULAR ENDURANCE**  
 The ability of our muscles to continue to perform an activity without fatiguing.
- BODY COMPOSITION**  
 The amount of body fat, muscle, bone and other tissues that make up our body.



## COMPONENTS OF FITNESS FOR SKILL

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- BALANCE**  
 Our ability to maintain our centre of mass over our base of support.
- COORDINATION**  
 The smooth flow of movement in the execution of a physical task.
- REACTION TIME**  
 The time taken to react to an environmental stimulus.
- AGILITY**  
 The ability to quickly and precisely move or change direction without losing balance.
- SPEED**  
 Our ability to move quickly across the ground.
- POWER**  
 Our ability to produce force quickly.

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