

Sports Studies Curriculum Overview - Year 10

	Unit	Details
Autumn One	<p>Muscle fibre types</p> <p>Structure and function of the cardiovascular system</p>	<p>Pupils explore the different types of muscle fibre and their structure and function. Pupils can link athletes to certain muscle fibre types and analyse the need of each fibre type to their sport. This links back to musculo-skeletal system</p> <p>Examine the structure and function of the cardiovascular system. This includes the structure of the heart and how blood travels through the heart.</p>
Autumn Two	<p>Structure and function of the cardio-respiratory system</p> <p>Aerobic and anaerobic exercise</p>	<p>Structure of arteries, veins, capillaries and how their function relates to physical activity. The mechanisms required and the need for redistribution of blood during physical activity.</p> <p>Location and structure of the respiratory system and their role in movement of oxygen and carbon dioxide into and out of the body during rest and during exercise.</p> <p>Energy - the use of glucose and oxygen to release energy and their links to specific sports.</p>
Spring One	<p>The short and long term effects of exercise</p> <p>Physical, emotional and social health, fitness and wellbeing</p>	<p>Short term effects of physical activity and sport on a variety of aspects including lactate accumulation, muscle fatigue, heart rate, stroke volume, cardiac output and the importance of these to a performer.</p> <p>Pupils explore the benefits of physical activity to physiological, psychological and social well being. This can link to the design and rationale for a personal exercise programme completed in the summer term.</p>
Spring Two	<p>The consequences of a sedentary lifestyle</p> <p>Energy use, diet, nutrition and hydration</p>	<p>Pupils explore the consequences of a sedentary lifestyle including: overweight, overfat, obese, increased risk to long term health, coronary heart disease etc.</p> <p>Pupils explore the nutritional requirements and ratio of nutrients for a balanced diet to maintain a healthy lifestyle. Pupils analyse the role of macronutrients and the factors affecting optimum weight as well as look into hydration in sport and why it is important. There are links with content studied earlier in the year when exploring energy sources.</p>
Summer	<p>PEP</p>	<p>Linking theory of physical training to practical performance and analysis of skills fitness and tactics to improve performance</p>