



SKILLS

KNOWLEDGE

- The future**
- Lead a healthy active lifestyle
 - Study a sports related course at 6th Form or college
 - Study a sports related course at University
 - Consider careers in the health and fitness industry

Year 11

- Identifying anatomical structures and developing functional understanding
- Applying physiological understanding to sporting scenarios
- Exploring socio-cultural concepts and influences
- Analysing influences on sporting participation
- Justifying, discussing and evaluating specific concepts in sporting scenarios
- Developing technical and tactical performance skills in sport

Year 10

- Exploring socio-cultural concepts and influences
- Analysing influences on sporting participation
- Justifying, discussing and evaluating specific concepts in sporting scenarios
- Developing technical and tactical performance skills in sport

Year 9

- Identifying anatomical structures and developing functional understanding
- Applying physiological understanding to sporting scenarios
- Justifying, discussing and evaluating specific concepts in sporting scenarios
- Developing technical and tactical performance skills in sport

