



Long-term planning (LTPs) - Planning how the key concepts, knowledge, skills identified in the Progression map will be delivered termly per year group

Ensuring that end points & NC/spec are covered

Identifying what assessments are planned and when

R042 : APPLYIN	R042: APPLYING THE PRINCIPLES OF TRAINING / R043 The Bodys response to Physical activity						
YEAR 9	Autumn 1 (7)	Autumn 2 (7)	Spring 1(6)	Spring 2(6)	Summer 1(6)	Summer 2 (6)	
Unit title:	R042 Applying the	R042 Applying the	R042 Applying the	R043 The Body's	R043 The Body's	R043 The Body's	
	Principles of Training	Principles of Training	Principles of Training	response to Physical	response to Physical	response to Physical	
				activity	activity	activity	
Unit length:	21 Lessons	21 Lessons	18 Lessons	18 Lessons	18 Lessons	18 Lessons	
Key concepts:	Principles of Training	Fitness testing	Designing a Fitness	Skeletal system	Muscular skeletal	Benefits of fitness for	
	Components of fitness		Programme	Muscular system	system and	every day life	
	Methods of Training			Cardiovascular system	movement	Effects on the heart	
				Respiratory system	Cardiorespiratory	Preventing cancer	
					system and	Reducing stress	
					movement	Benefits of flexibility	
						Respiration	
Knowledge/	FITTA	.Fitness tests for	Gather client details	Major bones	Types of movements	Gaseous exchange	
Skills:	Progression	Strength	Clarify Aims and	Major muscles	Isometric	Production of energy	
	Specificity	Power	objectives of the	Locations	Isotonic	BMI	
	Moderation	Agility	programme	Synovial joint	Concentric	Obesity	
	Variance	Balance	Set realistic goals	structures	Eccentric	Diabetes	
	Principles of training	Flexibility	Use SMART targets	Movements at joints	Heart rate	Weight control	
	and applying to sports	Muscular endurance	Suitability of training	Connective tissue	Blood pressure	Energy balance	
	Aerobic and anaerobic	Cardiovascular	methods	Functions of the	Cardiac output	Age and obesity	
	exercise	endurance	Organisation of	musculo skeletal	Stroke volume	Heart disease	
	Training methods	Interpretation of the	programme	system	Mechanics of	CHD	
		fitness test results for	Adaptability	Cardio respiratory	breathing	Heart attack	
		self / another student	Complete exercise	system	Respiratory volumes	Cholesterol	
			programme over 6	Cardio respiratory	Vascular shunting	Stroke	
			weeks	structures	IRV / ERV	Hoe does exercise	
			Evaluation of fitness	Blood vessels		help?	
			programme	Components of blood		Cancer and exercise	



End points covered:	Be able to analyse and evaluate their own and work and that of others, in order to modify performances	Be able to analyse and evaluate their own and work and that of others, in order to modify performances	Be able to analyse and evaluate their own and work and that of others, in order to modify performances	Know and understand the key body systems and how they impact on health, fitness and per formance.	Know and understand the key body systems and how they impact on health, fitness and per formance.	Stress control Types of stress Benefits of flex / strength / VCE / ME in every day life Know and understand the key body systems and how they impact on health, fitness and per formance.
NC/Spec coverage:	R042 Applying the Principles of fitness	R042 Applying the Principles of fitness	R042 Applying the Principles of fitness	R043 The Body's response to Physical activity	R043 The Body's response to Physical activity	R043 The Body's response to Physical activity
R043 The Body's response to Physical activity	Science (Biology) Maths (%) Intensity	Science (Biology) Maths (%) Intensity	Science (Biology) Maths (%) Intensity	Science Biology Psychology Maths	Science Biology Psychology Maths	Science Biology Psychology Maths
Assessments:	LO1: Principles of training LO2: Components of fitness LO2: Methods of training Formative / Summative for each LO	LO3 Fitness Testing	LO4 Designing a Fitness Programme 1 Summative / 1 Formative assessment	LO1 part 1 and part of part 2 1 Summative / 1 Formative	LO1 parts 3 & 4 (to start) 1 Summative / 1 Formative	LO1 parts 3 & 4 (to start) 1 Summative / 1 Formative
Other academy in	ntent priorities					
Curriculum	Sport Scientist	Sport Scientist	Sport Scientist	Sport Scientist	Sport Scientist	Sport Scientist
Careers -	Personal Trainer	Personal Trainer	Personal Trainer	Personal Trainer	Personal Trainer	Personal Trainer
Gatsby 4	Fitness assistant	Fitness assistant	Fitness assistant	Fitness assistant	Fitness assistant	Fitness assistant
	Leisure centre worker	Leisure centre worker	Leisure centre worker	Leisure centre worker	Leisure centre worker	Leisure centre worker
Culturally rich –	Visit to Loughborough	Visit to Loughborough	Visit to Loughborough	Visit to Loughborough	Visit to Loughborough	Visit to Loughborough
broadening	College Sport Science	College Sport Science	College Sport Science	College Sport Science	College Sport Science	College Sport Science
horizons	Department	Department	Department	Department	Department	Department



R041: Reducing the risks of sports injuries / R043 The Bodys response to Physical activity						
YEAR 10	Autumn 1(7)	Autumn 2(7)	Spring 1(6)	Spring 2(6)	Summer 1(6)	Summer 2(6)
Unit title:	R041: Reducing the	R041: Reducing the	R043 The Body's	R043 The Body's	R043 The Body's	R043 The Body's
	risks of sports injuries	risks of sports injuries	response to Physical	response to Physical	response to Physical	response to Physical
			activity	activity	activity	activity
Unit length:	21 Lessons	21 Lessons	18 Lessons	18 Lessons	18 Lessons	18 Lessons
Key concepts:	Physical preparation	Physical preparation	Short term effects of			
	for exercise that will	for exercise that will	exercise	exercise	exercise	exercise
	reduce the risk of	reduce the risk of	Long term effects of	Long term effects of	Long term effects of	Long term effects of
	injury	injury	exercise	exercise	exercise	exercise
			Measuring STE and	Measuring STE and	Measuring STE and	Measuring STE and
			LTE of exercise	LTE of exercise	LTE of exercise	LTE of exercise
			6 week training	6 week training	6 week training	6 week training
			programme	programme	programme	programme
Knowledge/	Extrinsic factors	.Acute and chronic	Increase heart rate	How to measure the	The long term effects	The long term effects
Skills:	Intrinsic factors	injuries	Increase stroke	STE of exercise	of exercise on the	of exercise on the
	Posture	Treatment of chronic	volume	practical	body	body
	Posture defects	and acute injuries	Increased cardiac	Fitness tests and	Muscle hypertrophy	Muscle hypertrophy
	Causes of poor	Emergency action	output	measuring the STE of	Strength	Strength
	posture	plans	Increased adrenaline	exercise	Muscle fibres	Muscle fibres
	Warm ups and cool	Common medical	Changes to breathing	Recording results and	Changes in Heart rate	Changes in Heart rate
	downs design	conditions	rates	findings	Bradycardia	Bradycardia
	Physical and	Treatment of common	Concentrations of O2		Recovery	Recovery
	psychological benefits	medical conditions	and CO2 in lungs		Lung capacity	Lung capacity
	of warm ups and cool	Revision	CO2 and breathing		Recording outcome of	Recording outcome of
	downs		rates		a 6 week training	a 6 week training
	Considerations when		Temperature		programme	programme
	designing warm ups		regulation		Heart rate	Heart rate
	and cool downs		Muscle fatigue		Muscle size	Muscle size



			Lactic acid build up		Breathing rates	Breathing rates
			How to measure the		Explain the changes	Explain the changes
			short term effects of		Effects on Fitness test	Effects on Fitness test
			exercise		results of the changes	results of the changes
					to the body	to the body
End points	Learn how to prepare	Learn how to prepare	Know and understand	Know and understand	Know and understand	Know and understand
covered:	participants to take	participants to take	the key body systems			
	part in sport and how	part in sport and how	and how they impact			
	to respond to	to respond to	on	on	on	on
	common injuries	common injuries	health, fitness and per			
			formance.	formance.	formance.	formance.
NC/Spec	R042	R042	R043	R043	R043	R043
coverage:						
Cross-curricular	Science : Medical	Science : Medical	Science : Medical	Science : Medical	Science : Medical	Science : Medical
links:	conditions	conditions	conditions	conditions	conditions	conditions
	GCSE Psychology	GCSE Psychology	GCSE Psychology	GCSE Psychology	GCSE Psychology	GCSE Psychology
	Unit R042	Unit R042	Unit R042	Unit R042	Unit R042	Unit R042
Science :	Revision exam	Revision exam	LO2 LO3 part 1	LO3 Summative &	LO4 Summative &	LO4 Summative &
Medical	Exam Builder	Exam Builder	Summative /	Formative	Formative	Formative
conditions	QLA (formative /	QLA (formative /	Formative			
GCSE	Summative)	Summative)				
Psychology	PPE / In class mocks	PPE / In class mocks				
Unit R042	and exam builders	and exam builders				
	LO1 & LO2	LO3 & LO4				
Other academy in	ntent priorities					
Curriculum	Sport Scientist	Sport Scientist	Sport Scientist	Sport Scientist	Sport Scientist	Sport Scientist
Careers -	Personal Trainer	Personal Trainer	Personal Trainer	Personal Trainer	Personal Trainer	Personal Trainer
Gatsby 4	Fitness assistant	Fitness assistant	Fitness assistant	Fitness assistant	Fitness assistant	Fitness assistant
	Leisure centre worker	Leisure centre worker	Leisure centre worker	Leisure centre worker	Leisure centre worker	Leisure centre worker
Culturally rich –	Visit to Loughborough	Visit to Loughborough	Visit to Loughborough	Visit to Loughborough	Visit to Loughborough	Visit to Loughborough
broadening	College Sport Science	College Sport Science	College Sport Science	College Sport Science	College Sport Science	College Sport Science
horizons	Department	Department	Department	Department	Department	Department



R044 SPORT PSYCHOLOGY							
YEAR 11	Autumn 1(7)	Autumn 2(7)	Spring 1(6)	Spring 2(6)	Summer 1	Summer 2	
Unit title:	R044 Sports Psych	R044 Sports Psych	R044 Sports Psych	R044 Sports Psych			
Unit length:	21 lessons	21 Lessons	18 Lessons	18 Lessons			
Key concepts:	Personality	Motivation	Arousal and Anxiety	Psychological			
		Aggression		Strategies			
Knowledge/	Definitions	Definitions	Definitions	SMART Goal Setting			
Skills:	Introvert	Intrinsic / extrinsic	Theories of Arousal	Testing a client			
	Extrovert	NACH / NAF	Inverted U	SCAT testing			
	Personality and links	Implications for coach	Drive theory	Psychological			
	to sports	/ teacher	ZOF	strategies outline			
	Trait	Definitions	Anxiety definitions	Re testing a client			
	Social Learning theory	Types of aggression	Types of anxiety	Referring to measure			
		Reasons for	Measuring Anxiety	to show			
		aggression		improvements			
		Theories of aggression		Evaluation of			
		SLT / Trait theories		Psychological			
				strategies			
End points	Develop a deep	Develop a deep	Develop a deep	Develop a deep			
covered:	understanding of the	understanding of the	understanding of the	understanding of the			
	relationship between	relationship between	relationship between	relationship between			
	sport psychology and	sport psychology and	sport psychology and	sport psychology and			
	the pressure of	the pressure of	the pressure of	the pressure of			
	professional sports	professional sports	professional sports	professional sports			
	and the control of	and the control of	and the control of	and the control of			
	human behaviours	human behaviours	human behaviours	human behaviours			
NC/Spec	LO1 Personality	LO2 Motivation	LO4 Anxiety and	LO5 Psychological			
coverage:	R044	R044	Arousal R044	Strategies R044			
		LO3 Aggression					





Cross-curricular	GCSE Psychology	GCSE Psychology	GCSE Psychology	GCSE Psychology	
links:					
Assessments:	1 formative LO 1 Personality	1 formative LO 2 / LO3 Motivation &	1 formative LO4 Anxiety / Arousal	1 formative LO 5 Psychological	
	1 Summative MB1-2-3	Aggression	1 Summative MB1-2-3	Strategies	
	LO1 Personality	1 Summative MB1-2-3	LO4 Anxiety / Arousal	1 Summative MB1-2-3	
	,	LO2 & 3 Motivation &	, ,	LO5 Psychological	
		Aggression		Strategies	
Other academy is	ntent priorities				
Curriculum	Sports Analyst	Sports Analyst	Sports Analyst	Sports Analyst	
Careers -	Sport Psychologist	Sport Psychologist	Sport Psychologist	Sport Psychologist	
Gatsby 4	Behaviour analyst	Behaviour analyst	Behaviour analyst	Behaviour analyst	
	Sport Scientist	Sport Scientist	Sport Scientist	Sport Scientist	
Culturally rich –	Trips to Colleges	Trips to Colleges	Trips to Colleges	Trips to Colleges	
broadening	Loughborough	Loughborough	Loughborough	Loughborough	
horizons	University Sport	University Sport	University Sport	University Sport	
	Science	Science	Science	Science	