

Please use this route through to find out what students are learning in the classroom and beyond.

Please contact us or visit our website for more information.

Subject	What are students learning in lessons?	What are students learning in home learning?
Autumn Term 1	Applied Anatomy and Physiology: develop knowledge and understanding of the key body systems and how they impact on fitness and performance in physical activity and sport. Bones, muscles, cardiovascular system, respiratory system and long term and short term effects on the body.	1 hour per week: answering exam questions on knowledge from the lesson delivered and also on previous topics.
Autumn Term 2	Movement Analysis: develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity in sport. Levers, axis, planes, mechanical advantage and antagonistic pairs.	1 hour per week: answering exam questions to practice applying knowledge. Revision in Nov for internal exam in Dec.
Spring Term 1	Physical Training: develop knowledge and understanding of the components of fitness, fitness testing, testing procedures, limitations of testing and interpreting the data.	1 hour per week: knowledge / exam questions on previous topics. Creating Revision Resources
Spring Term 2	Physical Training: develop knowledge and understanding of the principles of training, safety when training to prevent injury, warm up and cool downs, seasonal training.	1 hour per week: knowledge / exam questions on previous topics.
Summer Term 1	Physical Training: types of training athletes may use, the advantages and disadvantages of them, intensity of training, training zones and heart rate.	1 hour per week: knowledge / exam questions on previous topics.
Summer Term 2	Physical Training: types of training athletes may use, the advantages and disadvantages of them, intensity of training, training zones and heart rate.	1 hour per week: structures revision tasks.
Every mark matters	<b>Assessment</b>	<b>Key contacts</b>
	Students think hard, answer lots of questions and get feedback on their work every lesson. Exam practice of Paper 1: Spring 1, Summer 2.	Head of Department: Alistair.James@theregisschool.co.uk