

Time (term)	Unit Title	Description
10.1	Evaluating and Improving Performance (NEA)	After recapping certain topics from the previous year, pupils will begin to research, prepare and write their controlled assessment. This piece of extended writing will account for 10% of their final grade. It is comprised of an overview of a selected sport, an evaluation and analysis of performance as well as the creation of an action plan for the development of an athlete.
10.2	Completion of NEA & Health, Fitness, Diet and Wellbeing	This unit will see pupils completing their NEA write up before studying the key topic of Health, Fitness and Well being. They will understand the benefits of exercise and activity as well as the risks from a sedentary lifestyle. They will look at the components of a healthy diet, analysing both their own and those of professional athletes along with this.
10.3	Sport Psychology	Pupils will be covering the different methods of mentally preparing for sport as well as the benefits of goal setting. Types of guidance and feedback are also covered in this unit along with characteristics of skilful movement and skill classification.
10.4	Engagement Patterns and Commercialisation of Sport	Students will learn about the popularity and growth of certain sports particularly within certain age and ethnic groups. The media and the business side of sport will also be covered with pupils gaining an understanding of the importance of sponsorship and its place within the "golden triangle"
10.5	Cardiovascular and Respiratory Systems - effects of exercise	The structure and function of both the cardiovascular and respiratory systems will be covered. Passage of blood and the mechanics of breathing are also learned within this unit. The effect of exercise, both long and short term, on all of the body's systems are involved as well.
10.6	Preparation for Practical NEA	Preparation for the practical will involve practical skill rehearsal as well as preparation of the log of competitive participation to be submitted to the moderator. Along with this, video evidence will be gathered and produced in all assessed practical activities.