




<p>This half term: Skills, Knowledge and Understanding to be developed:</p> <ul style="list-style-type: none"> • Students will know what Carb Loading and Supplementation are in sport • Students will understand how the body adapts to different types of exercise over a long period of time • Student will be able to explain different effects that spin has on objects in motion 			
<p>Week 1 Fluid Mechanics</p> <ul style="list-style-type: none"> • Students will know what factors affect streamlining in sport • Students will understand the impact on sporting performance • Students will be able to analyse and explain differences in laminar flow and resistance in sport 		<p>Success Criteria</p> <p><i>Identifying factors - applying them</i></p> <p><i>Accurate responses to exam style questions</i></p>	
<p>Week 2 Projectile Motion</p> <ul style="list-style-type: none"> • Students will be able to explain the Bernoulli principle in sporting situations • Students will understand the effects of lift and drag on projectiles • Students will be able to describe Magnus Effect on spinning balls in sport 		<p>Success Criteria</p> <p><i>Clear explanation</i></p> <p><i>Accurate responses to exam style questions</i></p> <p><i>Accurate description and link to practical examples</i></p>	<p>PPQ Fluid Mechanics and Projectile Motion</p>
<p>Week 3 Carb loading and supplementation</p> <ul style="list-style-type: none"> • Students will know what carb loading is • Students will understand how endurance athletes use carb loading to maximise performance • Students will be able to evaluate the use/misuse of supplementation in sport 	<div style="border: 1px solid blue; padding: 2px;">APP1</div>	<p>Success Criteria</p> <p><i>Accurate description</i></p> <p><i>Positives and negatives</i></p>	
<p>Week 4 Long term adaptations to exercise</p> <ul style="list-style-type: none"> • Students will know how the body adapts to exercise over a long period of time • Students will understand how different methods of training cause different changes to the body • Students will be able to explain the effects of exercise on myoglobin content 		<p>Success Criteria</p> <p><i>Numerous examples of changes</i></p> <p><i>Link method to adaptations</i></p>	<p>Revise for SA</p>
<p>Week 5</p> <p>Summative Assessment...</p> <p><i>Students will show their knowledge and understanding in an end of unit assessment</i></p>		<p>Success Criteria</p> <div style="border: 2px solid red; padding: 10px; width: fit-content; margin: auto;"> <p>Grade:</p> </div>	
<p>Week 6</p> <p>We have now covered all of the content for the course. Remaining lessons will be used for revision and re-teaching certain topics</p>		<p>Success Criteria</p>	