



Knowledge Focus: Developing an understanding of the anatomy and physiology of a sports performer, including the short and long term adaptations to exercise.

**Skills, knowledge and understanding to be developed in this Learning Plan:**

**Skills:** Develop a range exam techniques, understanding AO1 answers and AO2/3 extended writing answers.

**Knowledge:** Develop a clear understanding of the muscular system, and the short and long term affects of exercise on the body

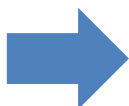
**Key terms to be learned in this**

**LP:**

Muscular System, Skeletal sytem, hypertrophy, atrophy, aerobic, anaerobic

**Week/Wythnos 1 - 2 Learning Objectives:**

Develop and understanding of the muscular-skeletal system – including types of movement, synergist, fixator, prime mover/agonist, antagonist, muscle attachment, protection and structure and shape of the body



**Objective assessments:**

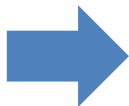
Be able to:  
Understand the main muscles and bones that allow movement to occur.  
Know which muscles are the one that cause movement and which help control.

**Homework/Gwaith cartref:**

Set:  
Due:

**Week/Wythnos 3 Learning Objectives:**

- characteristics of the muscle fibre types – slow/fast type I, type II, linked to aerobic and anaerobic sports and activities



**Objective assessments:**

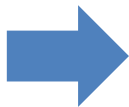
Be able to:  
Undersand the that we have different muscle fibres that contribute to different types of muscular contraction and aid different types of sports.

**Homework/Gwaith cartref:**

Set:  
Due:

**Week/Wythnos 4 Learning Objectives:**

Learners should know and understand the following **short-term effects** of exercise on body systems resulting from different intensities of exercise:  
-cardio-vascular system  
-energy systems,  
-muscular-skeletal system c  
-Cardio-respiratory system i



**Objective assessments:**

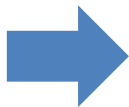
Be able to:  
Understand the short term effects of exercise on the body by describing what happens to their own bodies during exercise.

**Homework/Gwaith cartref:**

Set:  
Due:

**Week/Wythnos 5 Learning Objectives:**

Learners should know and understand the **long-term adaptations** on the body systems resulting from different intensity, duration and method of training:  
-Cardio-vascular system changes  
-Energy systems  
-Muscular skeletal system  
-Cardio-respiratory system changes



**Objective assessments:**

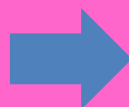
Be able to:  
Discuss the long term effcts of exercise based on prolonged periods of training, demonstrating underdstanding by writing out a training plan, and explaining what changed would occur to the various systems

**Homework/Gwaith cartref:**

Set:  
Due:

**Week/Wythnos 6 Learning Objectives:**

- Assessment on anatomy and physiology, pupils demonstrating their understanding of
  - Cardio-respiratory System
  - Muscular-skeletal System
  - Aerobic and anaerobic energy systems
  - Short and long term effects of excrise on the above systems



**Objective assessments:**

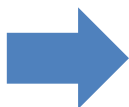
Be able to:  
Complete a range of exam questions from past papers

**Homework/Gwaith cartref:**

Set:  
Due:

**Week/Wythnos 7 Learning Objectives:**

- Reflect and improve tasks based on assessment form previous week. Analyse exam paper and complete a range of questions on an area with least amount of marks.



**Objective assessments:**

Be able to:  
Review and analyse own exam performance, identifying areas of weakness. Using time to complete top up questions to improve knowledge and understanding of weaker areas.

**Homework/Gwaith cartref:**

Set:  
Due: