# The John Wallis Academy Subject Overview Document

<table>
<thead>
<tr>
<th>Term</th>
<th>Topic</th>
<th>Progress Range</th>
</tr>
</thead>
</table>
| **1** | Unit 1 – Principles of anatomy and physiology in sport  
- The skeletal system  
- The muscular system  
Unit 26 – Work experience in sport  
- Investigating work based experience | D* - P |
| **2** | Unit 1 – Principles of anatomy and physiology in sport  
- The cardio-vascular system  
- The respiratory system  
Unit 26 – Work experience in sport  
- Preparing for work experience | D* - P |
| **3** | Unit 1 – Principles of anatomy and physiology in sport  
- The energy systems  
Unit 2 – The physiology of sport  
- The body’s response to acute exercise  
Unit 26 – Work experience in sport  
- Preparing for work experience | D* - P |
| **4** | Unit 2 – The physiology of sport  
- The long term effects of exercise on the body systems  
Unit 26 – Work experience in sport  
- Work experience placement | D* - P |
| **5** | Unit 2 – The physiology of sport  
- Investigating the physiological effects of exercise on the body systems  
Unit 26 – Work experience in sport  
- Reviewing work experience | D* - P |
| **6** | Unit 2 – The physiology of sport  
- Reviewing the physiological effects of exercise on the body systems | D* - P |