


PE Department - Year 10 GCSE

<p align="center"><i>The aim of the 1st year of the GCSE PE is to introduce some of the simpler aspects of the course which may have previously been covered at some level in Core PE lessons as well as other subjects such as science and maths. The content covered during Year 1 also focuses on content which is also crucial for the NEA controlled assessment which will allow work on this to be started early in the second year of the GCSE course. Much of the content of this year's content is also the foundation of some of the more advanced topics covered in Year 2.</i></p>						
 Shirley High Curriculum Map	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:
	Physical training	Physical training	Applied Anatomy & Physiology	Applied Anatomy & Physiology	Applied Anatomy & Physiology	Analysing and evaluating performance AEP
Why Now?	The physical training unit links well with the fitness testing which students participate in at the beginning of the year in their core lessons. Makes linking this exam content easier and embed knowledge as more lessons link to the topic. There is also a fitness unit in their core lessons which cover the types of training. & effects.	Physical training unit links well with the fitness testing which students participate in at the beginning of the year in their core lessons. Makes linking this exam content easier and embed knowledge as more lessons link to the topic. There is also a fitness unit in their core lessons which cover the types of training. & effects.	Applied anatomy & Physiology unit links well to the coursework which aims to be completed by the end of year 10 (Summer term) to allow more time for refinement in year 11 and paper 2. It is also part of paper 1 along with physical training so will enable the whole of paper 1 content to be finished and full testing of paper 1 to take place in the EOY test.	Applied anatomy & Physiology unit links well to the coursework which aims to be completed by the end of year 10 (Summer term) to allow more time for refinement in year 11 and paper 2. It is also part of paper 1 along with physical training so will enable the whole of paper 1 content to be finished and full testing of paper 1 to take place in the EOY test.	Applied anatomy & Physiology unit links well to the coursework which aims to be completed by the end of year 10 (Summer term) to allow more time for refinement in year 11 and paper 2. It is also part of paper 1 along with physical training so will enable the whole of paper 1 content to be finished and full testing of paper 1 to take place in the EOY test.	Applied anatomy & Physiology unit and Physical training unit is covered which includes Most if not majority of content that they will need to aid performance in their AEP coursework. Pupils will be able to complete their coursework with all the knowledge they need bar the small amounts of SMART goals and skill classification which is covered during this half term.
Fundamental Concepts	<p>Know the different components of fitness and their fitness tests. To know what type of training to participate within to improve specific components of fitness and how to perform it.</p> <p>Understand how to analyse and evaluate data retained from fitness tests using normative data and evaluating your strengths and weaknesses from your own performance.</p>	<p>Know how the principles of training and principles of FITT can be applied to types of training to improve aspects of sports performance alongside components of fitness.</p> <p>Understand how reduce risk of injuries through risk assessment on different sporting environments and by following ways to minimise risks of injury when participating sport.</p>	<p>Know the major bones & muscles of the body, the types of joints and their locations and the types of movement that can occur at these locations.</p> <p>To understand and know how movement occurs through planes, axes and levers through detailed explanations using practical examples of skills in sport.</p>	<p>Know the major bones & muscles of the body, the types of joints and their locations and the types of movement that can occur at these locations.</p> <p>To understand and know how movement occurs through planes, axes and levers through detailed explanations using practical examples of skills in sport.</p>	<p>Know how the cardiovascular system and the respiratory system aid performance through their structure and functions and how they are impacted through the types of exercise aerobic and anaerobic.</p> <p>To know and understand the different short and long term effects of exercise on the different body systems and how they will impact performance.</p>	<p>Know how to analyse and evaluate performance by combining knowledge and skills obtained through the paper 1 content and link to an analysis and evaluation of your own performance within a sport of your choice,</p>
Students will...	<p><u>Physical training unit</u> <u>Components of fitness</u></p> <ul style="list-style-type: none"> Identify and explain the definitions to each of the 10 components of fitness to know to set up and perform the fitness test per each component of fitness and be able to explain the features that make up the test. identify and explain the practical examples for each component of fitness within a variety of sports and skills. <p><u>Applying principles of training</u></p> <ul style="list-style-type: none"> Identify and explain the different types of training to understand how components of fitness link to each type of training and how it aids progression in performance specific for different sports. 	<p><u>Physical training unit</u> <u>Applying principles of training</u></p> <ul style="list-style-type: none"> To know and understand how the principles of training and FITT are used to improve and enhance performance. To be able to identify and explain the principles of training and FITT through sporting and practical examples. to know and understand the key components of a warm up and cool down and how it benefits a performance. <p><u>Preventing injury in Physical activity and training</u></p> <ul style="list-style-type: none"> To understand how to reduce the risk of injury in physical activity and sport can be minimised and be able to apply examples including: PPE, correct clothing & footwear, Appropriate level of competition, lifting equipment safely and warming up and cooling down. know potential hazards in a range of physical activity and sport settings and be able to apply examples including sports hall, fitness centre, playing field, artificial outdoors and swimming pool. 	<p><u>Applied Anatomy & Physiology</u> <u>The structure and function of the skeletal system:</u></p> <ul style="list-style-type: none"> Know and identify the location of major bones in the body know and explain the different functions of the skeleton including support, posture, protection, movement, blood cell production and mineral storage. to know and identify the types of synovial joints in the skeletal system. To know and explain through examples the types of movements that can occur at each joint. to know the components which make up a joint <p><u>The structure and function of the Muscular system</u></p> <ul style="list-style-type: none"> Know the names and locations of major muscles and groups of muscles in the human body and be able to apply their use to examples in sport. To know definitions and roles of antagonistic muscle pairs and be able to apply them to sporting examples in physical activity. 	<p><u>Applied Anatomy & Physiology</u> <u>Movement analysis</u></p> <ul style="list-style-type: none"> know the three classes of lever and their use in physical activity and sport Know the definition of mechanical advantage and how it impacts performance Know the location of the planes of movement in the body and their application to physical activity Know the location of the axes of rotation in the body and their application to physical activity To know how movement occurs in the body through the use of levers, planes, and axes at joint locations and how to identify them in physical movement in skills/sports. 	<p><u>Applied Anatomy & Physiology</u> <u>The cardiovascular and respiratory system</u></p> <ul style="list-style-type: none"> Know the role of the double circulatory system both systemic and pulmonary understand and know the pathway of blood through the heart know the different types of blood vessels know the definitions of; heart rate, stroke volume and cardiac output. understand the pathway of air through the respiratory system know the role of the respiratory muscles when breathing through inspiration and expiration know the definitions of breathing rate, tidal volume, and minute ventilation. understand the role of alveoli as the site of gas exchange and the process that occurs. know the definitions of aerobic and anaerobic exercise & be able to apply practical examples in relation to intensity and duration <p><u>Effects of exercise on body systems</u></p> <ul style="list-style-type: none"> Understand and know the short & long term effects of exercise Be able to apply the effects to examples from physical activity and sport. Be able to collect data relating to short/long term effects of exercise. 	<p><u>Analysing and evaluating performance (AEP)</u> <u>Evaluation</u></p> <ul style="list-style-type: none"> Evaluate own performance through explaining strengths and weaknesses within their fitness test data <p><u>Analysis</u></p> <ul style="list-style-type: none"> Analyse the importance of each component of fitness within their chosen sport and justifying their importance from most to least. <p><u>Overview</u></p> <ul style="list-style-type: none"> provide a description of all core and advanced skills within their chosen sport and explain using practical examples how they are performed effectively <p><u>Assessment</u></p> <ul style="list-style-type: none"> To accurately assess your own performance by identifying strengths and weaknesses using the core and advanced skills used within the assessment criteria for your chosen sport. <p><u>Movement analysis</u></p> <ul style="list-style-type: none"> Analyse movement of your body that occurs in your chosen sport within specific skills identified within the assessment criteria through the use of bones, muscles and joint /joint movement <p><u>Action plan</u></p> <ul style="list-style-type: none"> Create a detailed plan to improve a weakness from your chosen sport or component of fitness considering types of training, principles of training SMART goals, and FITT.
Language for Life (Key terms/Vocabulary)	agility, balance, coordination, cardiovascular endurance, muscular endurance, strength, flexibility, reaction time, power, speed, circuit training, continuous training, fartlek training, High Intensity Interval training, weight training, plyometrics training, weight training, wall throw test, illinois agility test, Cooper run, sit and	agility, balance, coordination, cardiovascular endurance, muscular endurance, strength, flexibility, reaction time, power, speed, circuit training, continuous training, fartlek training, High Intensity Interval training, weight training, plyometrics training, weight training, wall throw test, illinois agility test, Cooper run, sit and	Agonist, antagonist, antagonistic pair, fixator, axes of rotation, 1st class lever, 2nd class lever, 3rd class lever, frontal axis, longitudinal axis, transverse axis, transverse plane, frontal plane, sagittal plane, synovial joint, articulating bones, mechanical advantage, mineral storage,	Agonist, antagonist, antagonistic pair, fixator, axes of rotation, 1st class lever, 2nd class lever, 3rd class lever, frontal axis, longitudinal axis, transverse axis, transverse plane, frontal plane, sagittal plane, synovial joint, articulating bones, mechanical advantage, mineral storage,	Analysis, evaluation, overview assessment, movement analysis, action plan, assessment criteria cardiovascular system, arteries veins, capillaries, heart, atrium ventricle, gaseous exchange Aerobic, anaerobic, cardiac output, minute ventilation stroke volume, heart rate	Analysis, evaluation, overview assessment, movement analysis, action plan, assessment criteria cardiovascular system, arteries veins, capillaries, heart, atrium ventricle, gaseous exchange Aerobic, anaerobic, cardiac output, minute ventilation stroke volume, heart rate

	reach test, multi-stage fitness test, press up test, hand grip dynamometer test, stork stand test, vertical jump test, 30m sprint test, ruler drop test, warm up, cool down, appropriate level of competition, specificity, progression, overload, reversibility, lift and carry equipment safely, hazard, consequence, frequency, intensity, time, type	reach test, multi-stage fitness test, press up test, hand grip dynamometer test, stork stand test, vertical jump test, 30m sprint test, ruler drop test, warm up, cool down, appropriate level of competition, specificity, progression, overload, reversibility, lift and carry equipment safely, hazard, consequence, frequency, intensity, time, type	blood cell production, support, posture, protection, movement abduction, adduction, flexion, extension, rotation, ligament tendon, cartilage, circumduction	blood cell production, support, posture, protection, movement abduction, adduction, flexion, extension, rotation, ligament tendon, cartilage, circumduction	breathing rate, double circulatory system, core skills advanced skills, tidal volume lungs, alveoli, bronchi oxygen, carbon dioxide	breathing rate, double circulatory system, core skills advanced skills, tidal volume lungs, alveoli, bronchi oxygen, carbon dioxide
Extended writing Opportunities	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions
Maths Across the Curriculum	Calculations in data and results and working out heart rate/breathing rate	Calculations in data and results and working out heart rate/breathing rate	Calculations in data and results and working out heart rate/breathing rate	Calculations in data and results and working out heart rate/breathing rate	Calculations in data and results and working out heart rate/breathing rate	Calculations in data and results and working out heart rate/breathing rate
Links to careers/ aspirations	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.
Cultural Capital	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community; watch live/recorded routines. Promote benefits of teamwork; building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.
Practical Application of Skills	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situation	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations