

Year 10 GCSE PE curriculum overview

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Topic	<ul style="list-style-type: none"> Physical Training 	<ul style="list-style-type: none"> Use of data Sports psychology 	<ul style="list-style-type: none"> Sports Psychology Anatomy and Physiology 	<ul style="list-style-type: none"> Anatomy & Physiology 	<ul style="list-style-type: none"> Anatomy & Physiology 	<ul style="list-style-type: none"> Anatomy & Physiology Movement analysis
Key concepts	<ul style="list-style-type: none"> Principles of training Injury prevention Warm up/cooldown 	<ul style="list-style-type: none"> Qualitative and Quantitative data Presenting data Analyse & evaluate Classification of skills Use of goal setting 	<ul style="list-style-type: none"> Basic information processing Guidance & feedback Mental Preparation Musculoskeletal system 	<ul style="list-style-type: none"> Musculoskeletal system Cardio-respiratory system 	<ul style="list-style-type: none"> Cardiorespiratory system Anaerobic and aerobic exercise 	<ul style="list-style-type: none"> Effects of exercise Types of joint movement
Knowledge and understanding milestones	<p>Identify the relationship between health & fitness. Know the different components of fitness and evaluate this to different physical activities. Know the reasons for carrying out different fitness tests. Understand the different principles of training and how overload can be applied to training programmes. Identify the different types of training and how</p>	<p>Understand different types of data, how data is collected and how to analyse different types of data. Identify the difference between a skill & ability. Able to classify different skills on a skill continuum. Understand goal setting for sport performers. Understand the use of SMART targets to improve practical performance.</p>	<p>Under the basic information processing model. Use different examples of guidance for different level of performers. Evaluate different types of feedback for different levels of performers. Understand arousal and apply this to the inverted U theory. Understand different methods of stress management within sport to control arousal. Understand types of aggression</p>	<p>Understand the structure and functions of the musculoskeletal system. Know the pathway of air. Understand gaseous exchange and how arteries, capillaries, and veins support this. Understand the structure of the heart and the order of the cardiac cycle. Understand the terms 'cardiac output, stroke volume and heart rate'.</p>	<p>Know the mechanics of breathing with support of muscles, ribs, and diaphragm. Interpret lung volumes using a spirometer trace. Know the different intensities for aerobic and anaerobic exercise. Understand EPOC and recovery process of oxygen debt. Understand how the body recovers from strenuous exercise.</p>	<p>Understand immediate effects of exercise during exercise. Understand the short term effects of exercise, up to 36 hours after exercise. Understand the long-term effects of exercise, month, and years of exercising. Understand the types of movements that occur at different joints. Know the different muscles at joints causing the different movements.</p>

	Sports journalist Events manager	Sports journalist Events manager	Sports journalist Events manager	Sports journalist Events manager	Sports journalist Events manager	Sports journalist Events manager
Links (prior knowledge, future knowledge)	<p>This units build on: prior knowledge from KS3 health related fitness unit.</p> <p>This unit prepares students for: KS4 core lessons to support health and fitness. Students will be prepared to completed section 1 and section 2 or coursework.</p>	<p>This units build on: Prior knowledge from KS3 and KS4 core PE.</p> <p>This unit prepares students for: section 5 & section 6 of coursework. Students will apply knowledge for paper 2 of year 11 summer exams and paper 1 & 2 for use of data.</p>	<p>This units build on: Prior knowledge from KS3 and KS4 core PE.</p> <p>This unit prepares students for: section 3 & section 4 of coursework. Students will apply knowledge for paper 1 and paper 2 of year 11 summer exams.</p>	<p>This units build on: Prior knowledge from KS3 and KS4 core PE.</p> <p>This unit prepares students for: Students will apply knowledge for paper 1 of year 11 summer exams.</p>	<p>This units build on: Prior knowledge from KS3 and KS4 core PE.</p> <p>This unit prepares students for: Students will apply knowledge for paper 1 of year 11 summer exams.</p>	<p>This units build on: Prior knowledge from KS3 and KS4 core PE, specifically health & fitness and cross-country lessons.</p> <p>This unit prepares students for: Students will apply knowledge for paper 1 of year 11 summer exams.</p>
Key vocabulary	Health Fitness Agility Balance Cardiovascular endurance Co-ordination Flexibility Muscular endurance Power Reaction time Speed Strength Progressive overload Circuit training Continuous training Interval training HIIT Static stretching	Qualitative Quantitative Skill Abilities Open skill Closed Skill Self-paced Externally paced Performance goals Outcome goals	Basic information processing model Guidance Visual guidance Verbal guidance Manual guidance Mechanical guidance Knowledge of results Knowledge of performance Feedback Deep breathing Mental rehearsal Self-talk Introvert Extrovert Motivation Movement Joint Long bones	Red blood cells Synovial joint Cartilage Capsule Ligaments Tendons Vertebrae Hinge joint Flexion Extension Ball & socket joint Range of movement Abduction Adduction Rotation Circumduction Plantar flexion Dorsiflexion Trachea Lungs	Pectorals Sternocleidomastoid Abdominal muscles Tidal volume Inspiratory reserve volume Expiratory reserve volume Residual volume Artery Vasoconstriction Vasodilation Capillaries Vein Atrium Ventricles Cardiac cycle Diastole Systole Aerobic exercise	Nausea DOMS Cramp Cool down Rehydration Ice baths Massage Hypertrophy Bradycardia Muscles

			Support Protection	Bronchi Bronchioles Alveoli Oxyhaemoglobin Inspiration Expiration	Anaerobic exercise Lactic acid Oxygen debt EPOC	
Review and Assessment (including opportunities for retrieval practice)	<p>Formative assessment: Topic exam questions during unit:</p> <p>3.1.3 physical training</p> <p>3.1.3.3 Principles of training</p> <p>3.1.3.4 Optimise training and prevent injury.</p> <p>3.1.3.5 warm up/cool down</p> <p>Summative assessment: End of unit 3.1.3 assessment</p>	<p>Formative assessment: Topic exam questions during unit:</p> <p>3.1.4 Use of data</p> <p>3.1.4.1 qualitative and quantitative data</p> <p>3.2.1 Sports Psychology</p> <p>3.2.1.1 Classification of skills</p> <p>3.2.1.2 use of goal setting</p> <p>Summative assessment: Half unit 3.2.1 assessment</p>	<p>Formative assessment: Topic exam questions during unit:</p> <p>3.2.1 Sports psychology</p> <p>3.2.1.3 Basic information processing</p> <p>3.2.1.4 Guidance and feedback on performance</p> <p>3.2.1.5 Mental preparation</p> <p>Summative assessment: End of unit 3.2.1 assessment</p>	<p>Formative assessment: Topic exam questions during unit:</p> <p>3.1.1 Anatomy and physiology</p> <p>3.1.1.1 Musculoskeletal system</p> <p>3.1.1.2 Cardio-respiratory system</p> <p>Summative assessment: Half unit 3.1.1 assessment</p>	<p>Formative assessment: Topic exam questions during unit:</p> <p>3.1.1 Anatomy and physiology</p> <p>3.1.1.2 Cardio-respiratory system</p> <p>3.1.1.3 Anaerobic and aerobic exercise</p> <p>Summative assessment: End of unit 3.1.1 assessment</p>	<p>Formative assessment: Topic exam questions during unit:</p> <p>3.1.1 Anatomy and physiology</p> <p>3.1.1.4 short/long term effects of exercise</p> <p>Summative assessment: Y10 mock</p>