

Year 10 PE GCSE

Timing	Unit Title	Key Question	Knowledge	Assessing understanding
Autumn - Summer (in order) Teacher 1	Paper 1: Fitness and Body Systems <i>Anatomy and Physiology</i>	Can you identify and explain the structure and function of the body system and the effects on physical activity?	<p><u>Cardio-respiratory System</u></p> <ul style="list-style-type: none"> • The main functions and structure of the CV system and its role in physical activity • The structure of arteries, capillaries and veins • How blood flows and is distributed • The function and importance of blood • The composition of air and how VC and TV impact on sporting activity • The location and role of parts of the respiratory system • The structure of the alveoli and the process of GE • How the CV and the R systems work together to let us to take part in sport <p><u>Aerobic and Anaerobic Exercise</u></p> <ul style="list-style-type: none"> • How the body uses glucose and oxygen to release energy • How fats and carbohydrates give energy for different sorts of activity <p><u>Short and Long term effects of Exercise</u></p> <ul style="list-style-type: none"> • Short term effects of physical activity and sport on: muscles; heart and respiratory system • How the R and CV systems work together so people can take part in physical activity and recover from it • How to interpret graphs showing HR, SV and CO values at rest and during exercise. 	<p>How understanding is assessed</p> <ul style="list-style-type: none"> • Apply knowledge and understanding in different questions: <p>AO1 - Complete, define, select, identify, label and state</p> <p>AO2 - Which, using an example, clarify, describe and give</p> <p>AO3 - Discuss, assess, analyse, examine, evaluate, explain and justify</p> <p><u>Long Answer Questions:</u></p> <p>AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p>

			<p><u>Data – Interpreting Graphs:</u></p> <ul style="list-style-type: none"> ● Look at a particular aspect of what is happening as an athlete exercises ● Be able to make a quick visual comparison, between athletes or between sports ● Look in more detail at where changes or issues occur, by analysing what is found on the graph <p><u>Musculo-Skeletal System</u></p> <ul style="list-style-type: none"> ● The different functions of the skeleton and its importance in physical activity ● How bones and joints are classified ● The structure of the musculo-skeletal system ● The different movement possibilities at joints within the body ● The role of ligaments and tendons and their relevance to physical activity and sport ● The classification and characteristics of muscle types ● How the main muscles are used during physical activity ● How the muscular system works with the skeleton to allow participation in physical activity and sport. 	<p>Skills</p> <ul style="list-style-type: none"> ● Demonstration of knowledge and understanding in class, homework tasks and end of unit tests. ● Define key terminology ● Explaining reasons why ● Analysis and interpretation ● Analysis and interpretation of graphs <p>Assessment Point information</p> <ul style="list-style-type: none"> ● Classwork and homework ● Long answer questions ● End of unit tests
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	<p>Paper 1: Fitness and Body Systems <i>The Components of Fitness, benefits for sport and how fitness is measured and improved</i></p>	<p>Do you understand the basic components of fitness and use and interpret different fitness tests?</p>	<ul style="list-style-type: none"> ● What the basic components of fitness are: cardiovascular fitness, muscular strength, muscular strength, muscular endurance, flexibility and body composition ● Skill-related components of fitness: agility, balance, coordination, power, reaction time and speed ● The use and interpretation of different fitness tests 	
	<p>Paper 1: Fitness and Body Systems <i>The Principles of training and their application to personal exercise/trai ning programmes</i></p>	<p>Do you understand the principles of training and how to use them to improve performanc e?</p>	<ul style="list-style-type: none"> ● What the principles of training are, including individual needs, specificity, progressive overload and FITT ● How to use these principles when planning a personal exercise programme ● What is overtraining and how to prevent it ● What is reversibility and its impact on performance ● What are training thresholds and how to calculate maximum heart rates using two different formulae ● What to consider when deciding which training methods to use for different activities ● How to use different training methods to improve specific components of fitness 	

	<p>Paper 2: Health and Performance <i>The use of goal setting and SMART goals to improve and/or optimise performance</i></p>	<p>Do you understand how to classify sports skills?</p>	<ul style="list-style-type: none"> • How to classify sports skills as open/closed, basic (simple)/complex and low organisation/high organisation • Practice structures - massed, distributed, fixed and variable • How to apply these to choose the best practice to develop a range of skills 	
	<p>Component 4: Personal Exercise Programme (NEA)</p>	<p>PEP – Theory and Practical</p>	<ul style="list-style-type: none"> • What a PEP involves • How your PEP will be assessed • How to plan an appropriate PEP • How to carry out and monitor your PEP • How to analyse and evaluate your PEP <p>Linked with Component 1: Topic 1 and Topic 3.</p>	<p>How understanding is assessed</p> <ul style="list-style-type: none"> - Planning, constructing and participating in PEP - Analysis and Evaluation phase - Feedback relating to PEP assessment criteria <p>Skills</p> <ul style="list-style-type: none"> - Planning – Practical and theoretical knowledge and understanding (Component 1: Topic 1 and Topic 3) - Analysis - reflects application of knowledge from component 1. Links specifically with data analysis and interpretation - Evaluation <p>Assessment Point information (if applicable)</p> <ul style="list-style-type: none"> - Internally marked and externally moderated