

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><u>Data – Interpreting Graphs:</u></p>	<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>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

			<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>Assessment Point information</p> <ul style="list-style-type: none"> Classwork and homework Long answer questions End of unit tests
Autumn - Summer (in order) Teacher 2	Paper 1: Fitness and Body Systems <i>Physical Training</i>	Can you explain the physiological factors that affect development of a skill?	<ul style="list-style-type: none"> What the terms health, exercise and performance mean The relationship between health and fitness The role that exercise plays in keeping someone fit and healthy 	

	<p>Paper 2: Health and Performance <i>Health, Fitness and Wellbeing</i></p>	<p>Do you understand the theoretical factors that underpin a Healthy Active Lifestyle?</p>	<ul style="list-style-type: none"> • How increasing physical ability can improve health and reduce health risks • How taking part in sport can improve emotional health • How taking part in sport can improve social health • The impacts of fitness on well-being – both positive and negative • How to use a PEP to promote personal health • Lifestyle choices and their impact on health, fitness and well-being 	
	<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</i></p>	<p>Do you understand the principles of training and how to use them to</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 	

	<p><i>application to personal exercise/training programmes</i></p> <p>Paper 2: Health and Performance <i>The use of goal setting and SMART goals to improve and/or optimise performance</i></p>	<p>improve performance?</p> <p>Do you understand how to classify sports skills?</p>	<ul style="list-style-type: none"> • 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 • 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

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