

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?	<u>Cardio-respiratory System</u> • 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 <u>Aerobic and Anaerobic Exercise</u> • How the body uses glucose and oxygen to release energy • How fats and carbohydrates give energy for different sorts of activity <u>Short and Long term effects of Exercise</u> • 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.	How understanding is assessed • Apply knowledge and understanding in different questions: AO1 - Complete, define, select, identify, label and state AO2 - Which, using an example, clarify, describe and give AO3 - Discuss, assess, analyse, examine, evaluate, explain and justify <u>Long Answer Questions:</u> AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. Skills • 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

			<u>Data – Interpreting Graphs:</u> • 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 <u>Musculo-Skeletal System</u> • 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.	Assessment Point information • 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	• 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	

	Paper 2: Health and Performance <i>Health, Fitness and Wellbeing</i>	development of a skill? Do you understand the theoretical factors that underpin a Healthy Active Lifestyle?	• 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	
	Paper 1: Fitness and Body Systems <i>The Components of Fitness, benefits for sport and how fitness is measured and improved</i>	Do you understand the basic components of fitness and use and interpret different fitness tests?	• 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	
	Paper 1: Fitness and Body Systems <i>The</i>	Do you understand the principles of training	• What the principles of training are, including individual needs, specificity, progressive overload and FITT	

	<i>Principles of training and their application to personal exercise/training programmes</i> Paper 2: Health and Performance <i>The use of goal setting and SMART goals to improve and/or optimise performance</i>	and how to use them to improve performance? Do you understand how to classify sports skills?	• 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 • 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	
	Component 3: Practical	All sports	• Understand what you will need to do for the practical component of the course • Understand what activities you can do • Understand how you will be assessed and marked on your practical performances • Understand how to prepare effectively for your performances	How understanding is assessed - Through practical demonstration and verbal theoretical understanding Skills - Team based according to the assessment criteria. - Pupils will be assessed on two areas: 1. The performance of skills and techniques in isolation/unopposed situations (/10) 2. Application of skills, techniques and decision making under pressure during a conditioned practised and conditioned/formal/competitive situation (/25)

				Total: / 35 Assessment Point information - Internally marked and externally moderated.
	Component 4: Personal Exercise Programme (NEA)	PEP – Theory and Practical	• 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 Linked with Component 1: Topic 1 and Topic 3.	How understanding is assessed - Planning, constructing and participating in PEP. - Analysis and Evaluation phase. - Feedback relating to PEP assessment criteria. Skills - 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 Assessment Point information - Internally marked and externally moderated.