

GCSE Physical Education – Year 10

In Year 10 students will study the specification content for paper 1 (Physical factors affecting performance). Students will also complete the movement analysis, analysis, evaluation and overview sections of their non-exam assessment. Each term, students will participate in one practical activity. The activities will depend on the expertise of the students.

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6	
Knowledge & Skills	Unit 1 The skeletal system (7 Lessons) <ul style="list-style-type: none"> • Functions of the skeleton • Structure of the skeleton • Synovial joints and movement • Tendons, ligaments and cartilage 	Unit 3 AEP movement analysis cont (2 Lessons typing) <ul style="list-style-type: none"> • Skeletal system • Muscular system 	Unit 7 Effects of exercise (2 Lessons) <ul style="list-style-type: none"> • Short term effects • Long term effects 	Unit 9 AEP Analysis (2 Lessons planning 2 Lessons typing) <ul style="list-style-type: none"> • Impact of each component of fitness on performance 	Unit 11 Methods of Training (3 Lessons) <ul style="list-style-type: none"> • Training for endurance • Training for strength 	Unit 14 AEP Overview (2 Lessons planning 4 Lessons typing) <ul style="list-style-type: none"> • Core skills • Advanced skills • Decision making • EBI on movement analysis, analysis and evaluation 	
	Unit 2 The muscular system (3 Lessons) <ul style="list-style-type: none"> • Structure of the muscular system • Antagonistic pairs 	Unit 4 Movement analysis (3 Lessons) <ul style="list-style-type: none"> • Levers • Planes and axes • Mechanical advantage 	<div style="border: 1px solid black; padding: 5px;"> Assessment 2 <ul style="list-style-type: none"> • Musculoskeletal system • Movement analysis • Cardiorespiratory system • Effects of exercise </div>	Unit 10 Principles of training (2 Lessons) <ul style="list-style-type: none"> • SPOR • FITT 	<div style="border: 1px solid black; padding: 5px;"> Assessment 3 <ul style="list-style-type: none"> • Musculoskeletal system • Movement analysis • Cardiorespiratory system • Effects of exercise • Components of fitness • Principles of training • Methods of training </div>	Unit 15 Reteaching (4 Lessons) <ul style="list-style-type: none"> • Specific focus depending on the class 	
	Assessment 1 <ul style="list-style-type: none"> • Skeletal system • Muscular system 	Unit 5 Cardiovascular system (4 Lessons) <ul style="list-style-type: none"> • Structure and double pump • Pathway of blood • Key definitions • Red blood cells • Blood vessels 	Unit 8 Components of fitness (5 Lessons) <ul style="list-style-type: none"> • Definitions • Fitness tests • Sporting examples 				
	Unit 3 AEP movement analysis (2 Lessons planning) <ul style="list-style-type: none"> • Skeletal system • Muscular system 	Unit 6 Respiratory system (3 Lessons) <ul style="list-style-type: none"> • Pathway of air • Respiratory muscles • Key definitions • Gaseous exchange 			Unit 12 Injuries (2 Lessons) <ul style="list-style-type: none"> • Risk and hazard • Reducing the risk of injury 		
						Unit 13 AEP Evaluation (2 Lessons planning 2 Lessons typing) <ul style="list-style-type: none"> • Fitness tests • Results comparison • Impact on performance 	
					<div style="border: 1px solid red; padding: 5px; text-align: center;"> <p style="color: red;">See next page for "Beyond The Curriculum"</p> </div>		

Beyond The Curriculum	Suggested Places to visit <ul style="list-style-type: none"> • Eureka Science and discovery • The MAD museum (Stratford-upon-Avon) • Headingley stadium, Leeds • Sheffield’s English Institute of sport 	Websites to explore <ul style="list-style-type: none"> GCSE Physical Education - OCR - BBC Bitesize OCR GCSE PE Past Papers - Revision World GCSE - Physical Education (9-1) - J587 OCR GCSE PE Quizzes – The PE Classroom 	Enrichment clubs <ul style="list-style-type: none"> • Football • Rugby • Athletics • Cricket • Table tennis • Netball 	Competitions and school trips <ul style="list-style-type: none"> • Calderdale competitions (varied sports) • West Yorkshire competitions (varied sports) • English schools competitions (through qualification) • Trips to watch professional fixtures
------------------------------	--	---	--	---