

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) - Functions of the skeleton - Structure of the skeleton - Synovial joints and movement - Tendons, ligaments and cartilage Unit 2 The muscular system (3 Lessons) - Structure of the muscular system - Antagonistic pairs Assessment 1 - Skeletal system - Muscular system Unit 3 AEP movement analysis (2 Lessons planning) - Skeletal system - Muscular system	Unit 3 AEP movement analysis cont (2 Lessons typing) - Skeletal system - Muscular system Unit 4 Movement analysis (3 Lessons) - Levers - Planes and axes - Mechanical advantage Unit 5 Cardiovascular system (4 Lessons) - Structure and double pump - Pathway of blood - Key definitions - Red blood cells - Blood vessels Unit 6 Respiratory system (3 Lessons) - Pathway of air - Respiratory muscles - Key definitions - Gaseous exchange	Unit 7 Effects of exercise (2 Lessons) - Short term effects - Long term effects Assessment 2 - Musculoskeletal system - Movement analysis - Cardiorespiratory system - Effects of exercise Unit 8 Components of fitness (5 Lessons) - Definitions - Fitness tests - Sporting examples	Unit 9 AEP Analysis (2 Lessons planning 2 Lessons typing) - Impact of each component of fitness on performance Unit 10 Principles of training (2 Lessons) - SPOR - FITT	Unit 11 Methods of Training (3 Lessons) - Training for endurance - Training for strength Assessment 3 - Musculoskeletal system - Movement analysis - Cardiorespiratory system - Effects of exercise - Components of fitness - Principles of training - Methods of training Unit 12 Injuries (2 Lessons) - Risk and hazard - Reducing the risk of injury Unit 13 AEP Evaluation (2 Lessons planning 2 Lessons typing) - Fitness tests - Results comparison - Impact on performance	Unit 14 AEP Overview (2 Lessons planning 4 Lessons typing) - Core skills - Advanced skills - Decision making - EBI on movement analysis, analysis and evaluation Unit 15 Reteaching (4 Lessons) - Specific focus depending on the class
	See next page for "Beyond The Curriculum"					

Beyond The Curriculum	Suggested Places to visit • Eureka Science and discovery • The MAD museum (Stratford-upon-Avon) • Headingley stadium, Leeds • Sheffield's English Institute of sport	Websites to explore • 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 • Football • Rugby • Athletics • Cricket • Table tennis • Netball	Competitions and school trips • Calderdale competitions (varied sports) • West Yorkshire competitions (varied sports) • English schools competitions (through qualification) • Trips to watch professional fixtures
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