



Academic Learning Plan Year 10 GCSE PE

Intent: The GCSE PE course encourages learners to be inspired, motivated and challenged by the subject and enables them to make informed decisions about further learning opportunities and career pathways. The course will equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities as well as understanding the benefits to health, fitness and well-being.



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Skeletal and Muscular Systems	Cardiovascular System & the Effects of Exercise	Respiratory System & the Effects of Exercise	Components of Fitness & Preventing Injury	Movement Analysis	Applying the Principles of Training
Content	<p>Skeletal System Bones names, location and spellings. Functions of the skeleton and practical examples of how each is used in different sports. The definition of a synovial joint and be able to label the parts. The definition & roles of ligaments, tendons, articular cartilage, synovial fluid and joint capsules. The six types of movement with practical examples of how they are used in sports. The types and structure of synovial joint (hinge/ ball & socket and examples of each</p> <p>Muscular System Muscle names, location and spellings. The definition antagonistic muscle action and sporting examples of it in action.</p>	<p>Purpose & structure of the double circulatory system.</p> <p>The 3 types of blood vessels, their structure & function.</p> <p>The pathway of blood through the heart (atria, ventricles, tricuspid, bicuspid & semilunar valves & septum).</p> <p>The names, location & function of major blood vessels in the body.</p> <p>The definitions of heart rate, stroke volume & cardiac output & can explain how they are linked.</p> <p>The structure and role of red blood cells.</p> <p>The Effect of Exercise Collect & explain data relating to short- & long-term effects of exercise.</p> <p>Understand short term effects of exercise on the body & apply to sporting examples.</p> <p>Understand short term effects of exercise on the body & apply to sporting examples.</p>	<p>The pathway of air through the respiratory system.</p> <p>The names and role of respiratory muscles in breathing.</p> <p>Define breathing rate, tidal volume & minute ventilation.</p> <p>The structure & function of alveoli.</p> <p>Define aerobic activity including the relevance of duration & intensity with sporting examples.</p> <p>Define anaerobic activity including the relevance of duration & intensity with sporting examples.</p> <p>The Effect of Exercise Collect & explain data relating to short- & long-term effects of exercise.</p> <p>Understand short term effects of exercise on the body & apply to sporting examples.</p> <p>Understand short term effects of exercise on the body & apply to sporting examples.</p>	<p>Components of Fitness Define the 10 components of fitness.</p> <p>Be able to explain how each component of fitness is important/less important for different sports.</p> <p>Know the test(s) for each component of fitness.</p> <p>Collect & explain data related to each component of fitness.</p> <p>Preventing Injury Understand how to minimise risk of injury in sport/physical activity & be able to apply examples: Personal protective equipment, correct clothing/footwear, appropriate level of competition, lifting & carrying equipment safely, warm up & cool down</p> <p>Know potential hazards in sports settings/venues including: *Sports hall *Fitness centre *Playing field *Artificial outdoor areas *Swimming pool</p>	<p>Movement Analysis Defining mechanical advantage.</p> <p>Know the 3 classes of lever & differences between them.</p> <p>Location of the three planes of movement in the body and their application in sport/physical activity.</p> <p>Location of the axis of rotation (3 of them) in the body and their application in sport/physical activity.</p>	<p>Define the principles of training. Apply each principle of training to an athletes exercise/training programme.</p> <p>Know, define & give examples of the different types of training.</p> <p>Define each part of FITT apply each to a sporting examples.</p> <p>Know the benefits of a warm up and cool down.</p> <p>Know the purpose of a warm up/cool down.</p> <p>Know the key components of a warm up/cool down & be able to provide examples of them.</p>
Controlled Assessment	Introduction to Analysis of Performance (AEP) controlled assessment	Key skills overview for chosen sport. Evaluation of their strengths/weakness for each key skill.	Identification of tests for components of fitness. Evaluation their fitness strengths/weaknesses	Evaluation of the importance of components of fitness for the chosen sport	Movement analysis and skill classification	AEP Catch up / Revision for year 10 mock exam
Practical	Fitness Testing	Netball	Table Tennis/Badminton	Types of Training (HR monitoring)	Athletics	Catch Up
Supporting Literacy	Students practice exam extended answer questions. Students are encouraged to read task instructions/ their answers to the class.	Knowledge Organisers Key terms and definitions in work booklets. Students are issued a complete glossary of key terms booklet (also electronically on Teams)	Assessment Students complete an end of unit test with a range of exam style questions.	Homework Students are expected to revise for regular end of unit tests and fortnightly definitions tests. Students are expected to practice/train/compete in their chosen 3 sports in their own time and keep a written competitive log of this activity.	CEIAG Future careers/opportunities include: Sports coaching, personal training, sports science, physiotherapy, leisure industry, working for NGBs, PE teaching, A level PE.	