

Curriculum Journey: GCSE PE

Year 10

| Term 1.1 | Term 1.2 | Term 2.1 | Term 2.2 | Term 3.1 | Term 3.2 |
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| Big Question: What is physiology and anatomy? | Big Question: What is the purpose of physical training? | Big Question: How do you make sure you have warmed up and cooled down effectively? | Big Question: What does a healthy lifestyle look like? | Big Question: What external factors affect sporting performance? | Big Question: How can I ensure that I am reflecting effectively in my practice coursework? |
| Powerful Knowledge | Powerful Knowledge | Powerful Knowledge | Powerful Knowledge | Powerful Knowledge | Powerful Knowledge |
| PA 1 - Bones <i>Know the name and location of the following bones: Cranium, vertebrae, ribs, sternum, clavicle, scapula, pelvis, humerus, ulna, radius, carpals, metacarpals, phalanges, femur, patella, tibia, fibula, tarsals and metatarsals</i> PA 2 - Skeletal Functions and Joints <i>Understand and be able to apply examples of how the skeleton allows: support, posture, protection, movement, blood cell production and storage of minerals. Know the definition of a synovial joint and know the following hinge joints (knee and elbow) and ball & socket joints (shoulder and hip)</i> PA 3 - Joints Continued <i>Know the types of movement at hinge joints (flexion, extension) and know the types of movement at ball & socket joint (flexion, extension, rotation, abduction, adduction and circumduction)</i> PA 4 - Muscles <i>Know the name and location of the following muscles and apply them to a sporting example: deltoid, trapezius, latissimus dorsi, pectorals, biceps, triceps, abdominals, quadriceps, hamstrings, gluteals and gastrocnemius</i> | PT 1 - Reaction Time & Flexibility <i>Know the definitions of reaction time and flexibility and apply practical examples of where these components are important. Know the suitable tests; reaction time ruler test and sit and reach.</i> PT 2 - Cardio Endurance <i>Know the definition of cardiovascular endurance, apply practical examples where cardiovascular endurance is important in physical activity. Know the suitable tests; cooper 12 minute, multi-stage fitness test.</i> PT 3 - Speed & Muscular Endurance <i>Know the definition of muscular endurance and speed, apply practical examples where the components are important. Know the suitable test; press up/sit up test and 30m sprint test.</i> Football Skill Development Practicals | PT 10 - Warm Up & Cool Down <i>Understand the key components of a warm up and apply examples; pulse raising, mobility, stretching, dynamic movements and skill rehearsal. Know the physical benefits of a warm up; warming up muscles, body temperature, heart rate, flexibility of muscles/joints, pliability of ligaments and tendons, blood flow and oxygen to muscles and the speed of muscle contractions.</i> PT 11 - Warm Up & Cool Down <i>Understand the key components of a cool down and apply examples; low intensity exercise, stretching. Know the physical benefits of a cool down; helps the body back to resting state, gradually lowers heart rate/temperature, circulates blood and oxygen, gradually reduces breathing rate, increases removal of waste products such as lactic acid, reduces the risk of muscle soreness and stiffness and aids recovery by stretching muscles.</i> | H 4 - Balanced Diet (2) <i>Know the definition of a balanced diet and the components of a balanced diet; minerals, vitamins, fibre and water/hydration</i> H 5 - Nutrients <i>Understand the effect of diet and hydration on energy use in physical activity</i> H 6 - Nutritional Strategies <i>Apply these effects to practical examples from physical activity to diet and hydration.</i> Badminton Skill Development Practicals | SI 4 - Strategies to Improve <i>Understand strategies which can be used to improve participation; promotion, provision and access. Apply examples from physical activity to participation issues.</i> SI 5 - Commercialisation <i>Understand the influence of the media on commercialisation; different types of media (social, internet, TV, newspapers/magazines) Know the meaning of commercialisation, sport, sponsorship and the media (the golden triangle).</i> SI 6 - Impacts of Commercialisation <i>Know the positive and negative effects of the media on commercialisation and apply practical examples. Understand the influence of sponsorship on commercialisation (positive and negatives and apply practical examples).</i> OAA Skill Development Practicals | CW 1 - Fitness Testing (gathering data) CW 2 - Fitness Testing (gathering data) CW 3 - Evaluation OAA Skill Development Practicals |

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| Netball Skill Development Practicals | | Table Tennis Skill Development Practicals | | | |
| <p>PA 5 - Roles of Muscles <i>Know the definitions and roles of muscles and apply them to physical activity; agonist, antagonist, fixator and antagonist muscle action</i></p> <p>PA 6 - Planes of Movement & Axes of Rotation <i>Know the location of the planes of movement and apply them to physical activity; frontal, transverse and sagittal. Know the location of axes of rotation and apply them to physical activity; frontal, transverse and longitudinal.</i></p> <p>PA 7 - Levers and Mechanical Advantage <i>Know the 3 classes of levers and use in physical activity; 1st class (neck), 2nd class (ankle), 3rd class (elbow).</i></p> <p>PA 8 - Cardiovascular System and Values <i>Know the double-circulatory system (systemic and pulmonary). Know the different types of blood vessels; arteries, capillaries and veins. Know the definitions of heart rate, stroke volume and cardiac output. Alongside knowing the role of red blood cells.</i></p> <p>Netball Skill Development Practicals</p> | <p>PT 4 - Strength & Balance <i>Know the definitions of strength and balance and apply them to practical examples where the component is important. Know the suitable tests; grip strength dynamometer and 1 rep max and standing stork test.</i></p> <p>PT 5 - Agility <i>Know the definition of agility and apply it to practical examples where agility is important. Know the suitable test; illinois agility test.</i></p> <p>PT 6 - Power & Coordination <i>Know the definitions of power and coordination and apply them to practical examples where the component is important. Know the suitable tests; standing or vertical jump and wall-throw test.</i></p> <p>Football Skill Development Practicals</p> | <p>PT 12 -Injury Prevention & PPE <i>Understand how the risk of injury in physical activity can be minimised and examples applied to; personal protective equipment, correct clothing/footwear, appropriate level of competition, lifting and carrying equipment safely, use of warm up and cool down. Know the potential hazards in sports settings; sports hall, fitness centre, playing field, artificial outdoor areas and swimming pool.</i></p> <p>Table Tennis Skill Development Practicals</p> | <p>SI 1 - Lifestyle Trends in UK & Government Bodies <i>Ensure familiarisation with current trends in participation in physical activity and sport; using different sources (sport england, NGB's and DCMS), different social groups and in physical activities and sports.</i></p> <p>SI 2 - Factors affecting participation (1) <i>Understand how different factors can affect participation; age, gender, ethnicity, religion/culture, family and education.</i></p> <p>SI 3 - Factors affecting participation (2) <i>Understand how different factors can affect participation; time/work commitments, cost/disposable income, disability, opportunity/access, discrimination, environment/culture, media coverage and role models.</i></p> <p>Badminton Skill Development Practicals</p> | <p>SI 7 - Positive Ethics & Behaviour <i>Know and understand the value of sportsmanship and the reasons for gamesmanship and deviance in sport. Apply practical examples to these concepts.</i></p> <p>SI 8 - Drugs in Sport <i>Know and understand the reasons why sports performers use drugs and know the different types of drugs and their effect on performance; anabolic steroids, beta blockers and stimulants. Give practical examples of these drugs in sport and the impact on; performers and sport itself.</i></p> <p>SI 9 - Negative Behaviour in Sport <i>Know and understand the reasons for player violence and give practical examples of violence in sport.</i></p> <p>OAA Skill Development Practicals</p> | <p>CW 4 - Analysis CW 5 - Analysis (2) CW 6 - Overview</p> <p>Athletics Skill Development Practicals</p> |

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| <p>PA 9 - Heart Structure and Blood Journey</p> <p><i>Understand the pathway of blood through the heart; atria, ventricles, bicuspid, tricuspid and semilunar valves, septum and major blood vessels.</i></p> <p>PA 10 - Breathing Values</p> <p><i>Know the definitions of; breathing rate, tidal volume and minute ventilation.</i></p> <p>PA 11 - Air Pathway & Respiration Muscles</p> <p><i>Understand the pathway of air through the respiratory system and the muscles involved; mouth, nose, trachea, bronchi, bronchiole and alveoli. Diaphragm and intercostal muscles.</i></p> <p>Netball Skill Development Practicals</p> | <p>PT 7 - Principles of Training</p> <p><i>Know the following definitions and apply them; specificity, overload, progression and reversibility.</i></p> <p>PT 8- Types of Training</p> <p><i>Know the definitions of FITT and apply these elements to training programmes. Know the different types of training, definitions and examples of; continuous and fartlek.</i></p> <p>PT 9-Types of Training 2</p> <p><i>Know the definitions and examples of the different types of interval training; circuit, weight, plyometrics and HIIT training.</i></p> <p>Football Skill Development Practicals</p> | <p>H 1 - What is a healthy lifestyle?</p> <p><i>Know what is meant by health, fitness and well-being</i></p> <p>H 2 - Well-being and Sedentary Lifestyle</p> <p><i>Understand the different health benefits and consequences of sedentary lifestyle including; physical, emotional and social. Apply these reasons to different age groups and respond to data about health, fitness and well-being.</i></p> <p>H 3 - Balanced Diet (1)</p> <p><i>Know the definition of a balanced diet and the components of a balanced diet; carbohydrates, proteins and fats.</i></p> <p>Table Tennis Skill Development Practicals</p> | | | <p>CW 7 - Technique CW 8 - Action Plan (1) CW 9 - Action Plan (2)</p> <p>Athletics Skill Development Practicals</p> |
| <p>PA12 - Gaseous Exchange & Intro to Energy Systems</p> <p><i>Understand that the alveoli is the site of gaseous exchange. Understand the definitions of aerobic and anaerobic exercise and apply to practical examples in terms of intensity and duration.</i></p> <p>PA13 - Short term effects on Exercise</p> <p><i>Understand the short-term effects of exercise on; muscle temperature, cardiac values, redistribution of blood</i></p> | | | | | <p>CW 10 - Coursework Completion CW 11 - Feedback</p> <p>Athletics Skill Development Practicals</p> |

| <p><i>flow during exercise, breathing values, oxygen to the working muscles and lactic acid production. Apply the effects to examples of physical activity and collect and use data relating to effects.</i></p> <p>PA14 - Long term effects on Exercise</p> <p><i>Understand the long-term effects of exercise on; bone density, hypertrophy of muscle, muscular strength/endurance, resistance to fatigue, hypertrophy of the heart, resting heart rate/stroke volume, cardiac output, rate of recovery, aerobic capacity, respiratory muscles, breathing values and capillarisation. To be able to apply the effects to physical activity examples and collect and use data relating to long-term effects.</i></p> <p>Netball Skill Development Practicals</p> | | | | | |
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| Key End-Points Assessed | Key End-Points Assessed | Key End-Points Assessed | Key End-Points Assessed | Key End-Points Assessed | Key End-Points Assessed |
| <p>Physiology and anatomy exam test papers. Purple feedback sheets will be created to highlight misconceptions</p> <p>Netball practical assessment grade</p> | <p>Physical Training exam test papers. Purple feedback sheets will be created to highlight misconceptions.</p> <p>Football practical assessment grade</p> | <p>Health practice papers. Purple feedback sheets will be created to highlight misconceptions.</p> <p>Badminton practical assessment grade</p> <p>Table tennis practical assessment grade</p> | <p>Health exam paper and Social Influence practice papers. Purple feedback sheets will be created to highlight misconceptions.</p> <p>Badminton practical assessment grade</p> | <p>Social Influence exam test papers. Purple feedback sheets will be created to highlight misconceptions.</p> | <p>Practice of the practical reflection coursework. Students will receive purple feedback sheets to understand how to improve upon this in year 11.</p> |