The Priory school - Physical Education

Year 10 GCSE – Curriculum map 2019-2020

Summer Term

Respiration
You will learn how to: describe the pathway of air; explain the mechanics of breathing; explain gas exchange; and define BR x TV=ME.

Y10 reports
Reports showing the progress you have made in GCSE PE.

AEP
You will complete the evaluation of fitness controlled assessment,

Aerobic v Anaerobic
You will learn to: explain aerobic and anaerobic respiration, and compare aerobic and anaerobic sports.

Effects of exercise
You will learn to: describe and explain the short term, and long term effects of exercise.

Types of guidance
You will learn to: describe four types of guidance, and create practical examples.

Consultation
Year 10 consultation evening, to discuss the progress made in PE.

Types of feedback
You will learn to: explain different types of feedback; compare the advantages and disadvantages.

Exam feedback
You will be given a personalised learning checklist, from your recent exam.

Work experience
You will undertake work experience in a area of your choice.

Year 10 exams
You will complete your year 10 GCSE mock exams in paper 1 and paper 2.

Revision
You will revise for your year 10 exams, spending time on recall of information from paper 1 and 2, and applying knowledge to exam questions.

Exam
Apply your knowledge to an exam completed in class.

Health, fitness and wellbeing
You will learn to: define health, fitness and wellbeing; describe the social, emotional and physical benefits of exercise on your health and fitness; and analyse data to respond to exercise

Principles of training
You will learn to: describe the principles of training; and create and training programme using the principles of training

Methods of training
You will learn to: describe different types of training; compare different types of training; and design types of training to improve different components of fitness.

AEP
You will complete the overview of skills section of the AEP.

PEDs
You will learn to: identify 4 PEDS; and compare the performance enhancing benefits with the negative side effects.

Ethical factors
Youi will learn to: describe sportsmanship, gamesmanship, and deviance; and explain reasons for gamesmanship, and deviance.

Spring Term

Hazards
You will learn to: Describe a PAR-Q; explain the hazards at five different venues; and describe ways to prevent injury.

House
Play volleyball against other houses for house points.

Cardiovascular system
You will learn to: identify the functions of the cardiovascular system; describe the pathway of blood; describe the components of blood; compare capillaries, veins and arteries; describe the anatomy of the heart and; define heart rate, stroke volume, and cardiac output;

AEP
You will complete the analysis of components of fitness

Diet
You will learn to: Identify the three macronutrients, and micronutrients; describe and compare diets of different performers; and explain special diets, such as carbohydrate loading, and high protein diets.

Lever systems
Youi will learn to describe and explain the 3 leaver systems, including practical examples.

Planes of movement
You will learn to: identify and describe the frontal, transverse and sagittal planes of movement, and identify practical examples

Personalised planning day
You will plan areas for development across all parts of school life.

Components of fitness
You will learn to: define the ten components of fitness, and explain how they are used in sport; describe the administration of fitness tests, and how they link to the components of fitness.

AEP
Using the knowledge you have learned, you will complete the movement analysis section of the AEP, analysing a skill of your choice.

Autumn Term

Mental preparation
You will learn to: describe the four types of mental preparation; describe practical examples; explain the effects and benefits of mental preparation.

Warm up and cool down
You will learn to: describe the phases of a warm-up and cool down; explain the physiological benefits of both; create a warm-up and cool down for your sport.

Skeletal system
You will learn to: identify the major bones in the body; identify the six functions of the skeletal system; describe synovial joints, and articulating bones.

Muscular system
You will learn to: identify the major muscles in the body; explain how muscles work in antagonistic pairs.

Progress and ATL
Your progress and Attitude to learning will be assessed.

Planes and axes
You will learn to: identify and describe the three planes and axes of movement, and identify practical examples

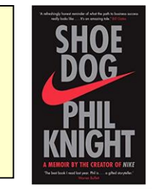
Joints and types of movement
You will learn to: identify the types of movement which take place at a hinge joint, and ball and socket joint; explain the role of cartilage, ligaments, tendons, synovial membrane, and synovial fluid.

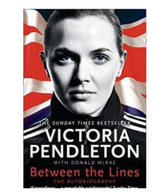
Types of continua
You will learn to: explain the difficulty and environmental continua, and compare practical examples in sport; and describe the characteristics of a skilful performer.

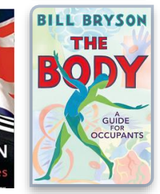
Your GCSE course starts here...

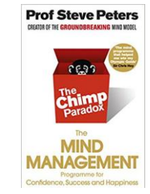
Literacy layer

PE's favourite books!









Extra-curricular

- Cross-country club
- Running club
- Volleyball club
- Handball club
- Badminton club
- Rugby club
- Netball club
- Football club
- Circuit training
- Table tennis club
- Cricket club
- Park-run
- Athletics club
- Rounders club
- Trampolining club

The Priory school - Physical Education

Year 11 GCSE – Curriculum map 2020-2021

A Career in sport E.g. Physiotherapist, PE teacher; sport scientist.

University to study a sports science/ sports degree.

A career in sport E.g. coaching, strength and conditioning.

Jobs in sport
Use your GCSE and sport experience to gain employment in a sports setting, alongside your studies. E.g. leisure centre; coaching; refereeing.

College/sixth form
Start a course in A level Physical Education, or BTEC Sport/sport science.

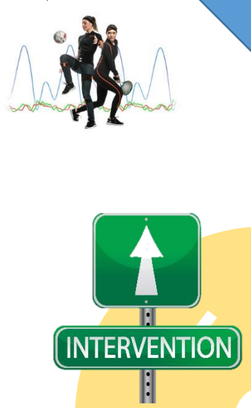
Summer holidays
Enjoy one of the longest summers off, and keep playing sport!

FINISH

Paper 2
You will sit your second Paper: Sociocultural issues and sports psychology.

Paper 1
You will sit your first Paper: Physical factors effecting performance.

Revision techniques
You will apply different revision techniques to find the best method of revision for you.



INTERVENTION

Intervention
If you are below target, you will have lunch time intervention with one of the PE teachers.

Recall
You will focus on recall of knowledge in paper 1 and paper 2

Y11 Easter mock
You will complete an Easter mock timetable

Exam practice
You will to apply your knowledge to exam practice

Summer Term

AEP
You will complete you AEP Action plan section

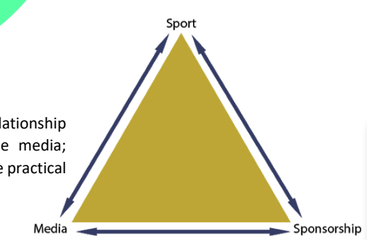
SMART targets
You will learn to: describe SMART targets; and create your own targets for a sport of your choice;

Y11 mocks
You will complete your year 10 GCSE mock exams in paper 1 and paper 2.

Revision
You will revise for your year 10 exams, spending time on recall of information from paper 1 and 2, and applying knowledge to exam questions.

Sponsorship
You will learn to: Identify examples of sponsorship; and describe the positive and negative effects of sponsorship on commercialisation.

The golden triangle
You will learn to: explain the relationship between sport, sponsorship, and the media; define commercialisation; and describe practical examples.



Year 11 report
You will be given a report in PE, with your attitude to learning, and your estimated grade.

Spring Term

Exam feedback
You will be given a personalised learning checklist, from your recent exam.

AEP
You will complete you AEP strengths and weaknesses section.

Gaps in knowledge
You will close the gaps in your knowledge, by working on areas of weakness.

Media and sport
You will learn to: describe the relationship between media and sport; and compare the positives and negatives media has on the commercialisation of sport.

Media
You will learn to: identify different types of media (social, internet, TV, Newspapers); and explain the positive and describe the positives and negatives of media on sport and commercialisation.

Strategies to improve participation
You will learn to: identify and describe current examples of strategies used to improve participation of groups, such as ethnicity, religion, age, gender, family, education, income, socio-economic status, disability, discrimination, and the environment; and create your own strategies.

Autumn Term

Current trends
You will learn to: identify and assess current trends in physical activity, in different social groups; and analyse data to assess participation trends.

NGB's, Sport England and DCMS
You will learn to: analyse data of current trends in physical activity, and interpret data shown in studies by NGB's, Sport England and DCMS.

Factors affecting participation
You will learn to: identify and explain factors, which affect participation, such as: ethnicity, religion, age, gender, family, education, income, socio-economic status, disability, discrimination, and the environment.

Strategies to improve participation
You will learn to: describe promotion, provision and access, and how they can affect participation of groups such as: ethnicity, religion, age, gender, family, education, income, socio-economic status, disability, discrimination, and the environment.

Your GCSE continues here…

Literacy layer

PE's favourite books!

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