



The Priory school - Physical Education

Year 10 GCSE – Curriculum map 2021-2022



GCSE specification



Practical and NEA



PE recommended books



Warm up and cool down

You will learn the stages of a warm up and cool down, as well as the physiological benefits.

Test

You will complete a test on all topics learned up to this date. You will then have an exam feedback lesson, where you will be given a personalised learning checklist (PLC), where you can reflect on what you need to do to improve.

Effects of exercise

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

Hazards

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

AEP

You will complete the evaluation of fitness controlled assessment,

Exam feedback

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

Work experience

You will undertake work experience in an 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.

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

You will learn to: describe sportsmanship, gamesmanship, and deviance; and explain reasons for gamesmanship, and deviance.

Mental preparation

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

Types of guidance

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

Types of feedback

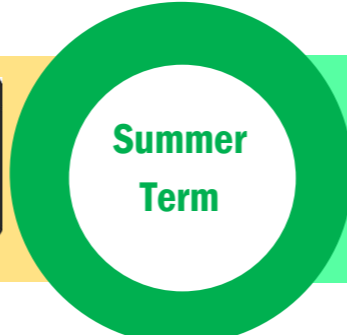
You will learn to: explain different types of feedback; compare the advantages and disadvantages.

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



Energy systems

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

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.

6 marker

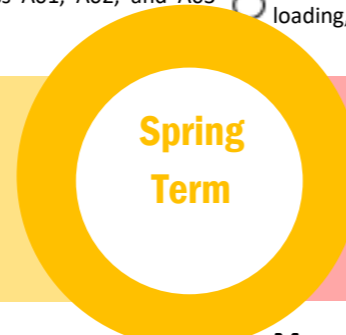
You will learn how to answer a 6 mark exam question, in terms of style and how to access A01, A02, and A03 marks.

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.

AEP

You will complete the analysis of components of fitness



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;

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

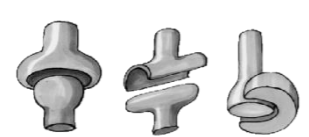
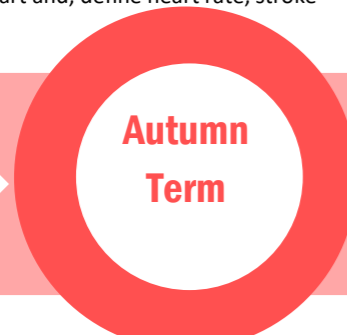
You will learn to: identify the major muscles in the body; explain how muscles work in antagonistic pairs.

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

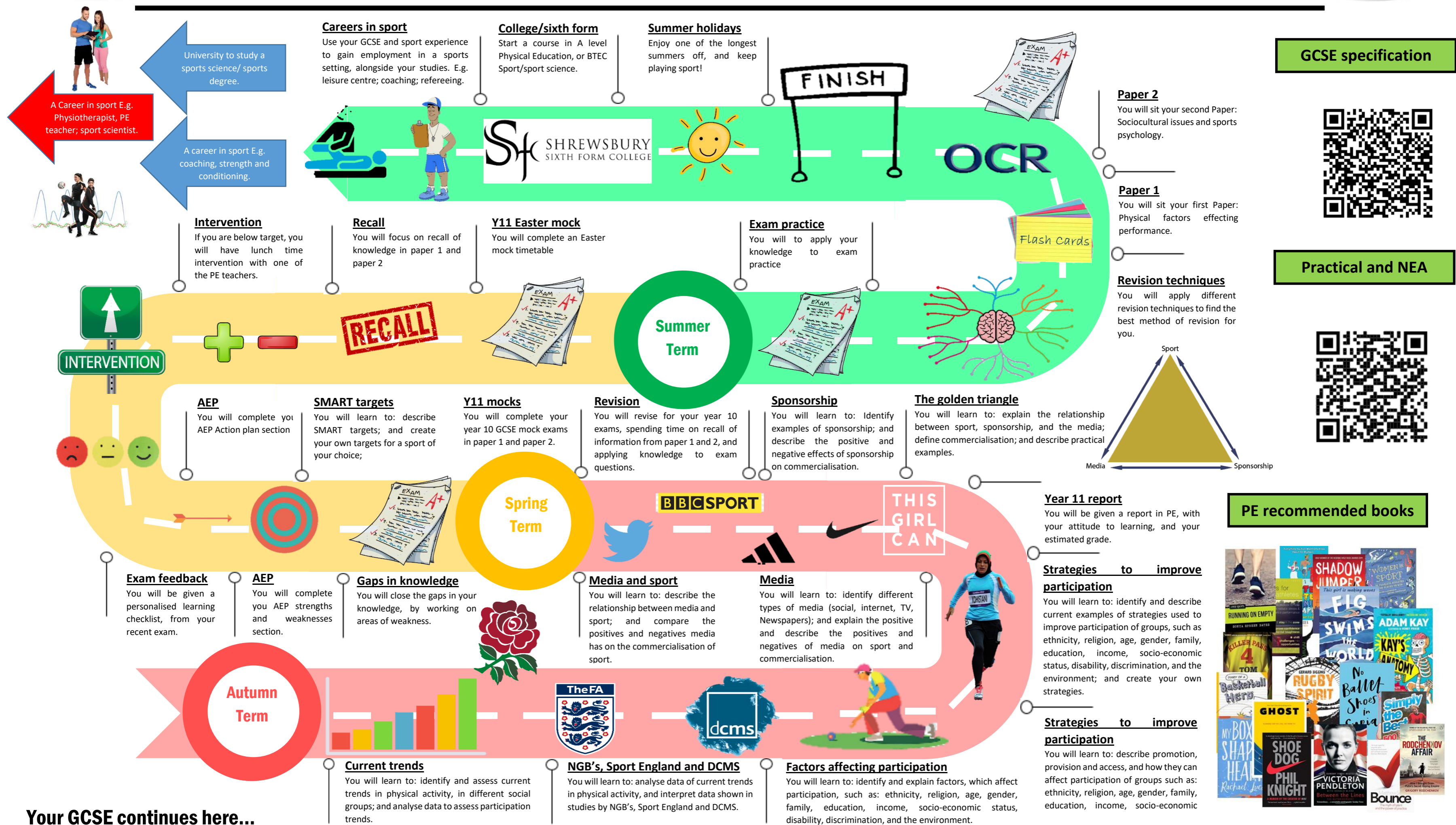
You will learn to: explain the difficulty and environmental continua, and compare practical examples in sport; and describe the characteristics of a skilful performer.

Your GCSE course starts here...



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Year 11 GCSE – Curriculum map 2021-2022



Your GCSE continues here...