



The Priory school - Physical Education

Year 10 GCSE – Curriculum map 2023-2024



GCSE specification



Practical and NEA



GCSE 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 the hazards at five different venues; and describe ways to reduce risk of injury. You will learn to describe the 5 ways to minimise injury.

AEP

You will complete the evaluation of fitness controlled assessment,

Work experience

You will undertake work experience in an area of your choice.

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 type of training to improve different components of fitness.

AEP

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

Exam feedback

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

PEDs

You will learn to: identify 3 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.

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.

Types of feedback

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

Lever systems

You will learn to describe and explain the 3 lever systems, including practical examples.

Planes of movement

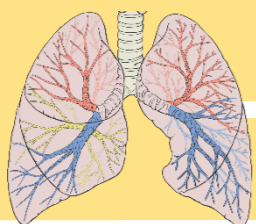
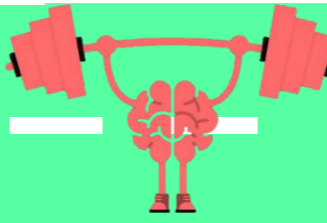
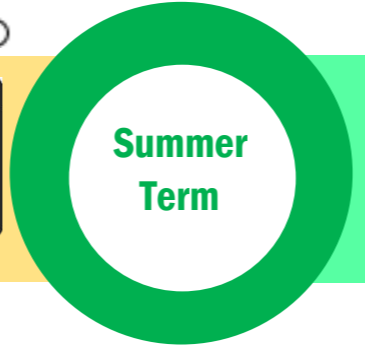
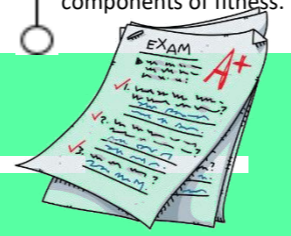
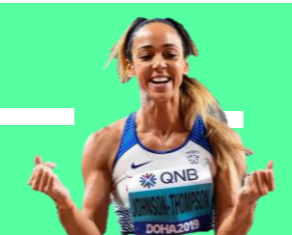
You will learn to: identify and describe the frontal, transverse and sagittal planes of movement, and identify practical examples

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.



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

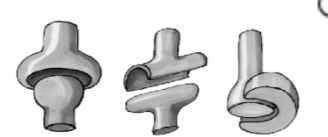
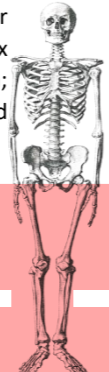
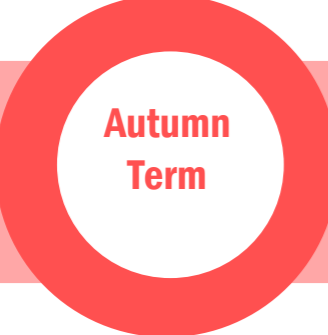
You will learn to: identify the major muscles in the body; explain how muscles work in antagonistic pairs.

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

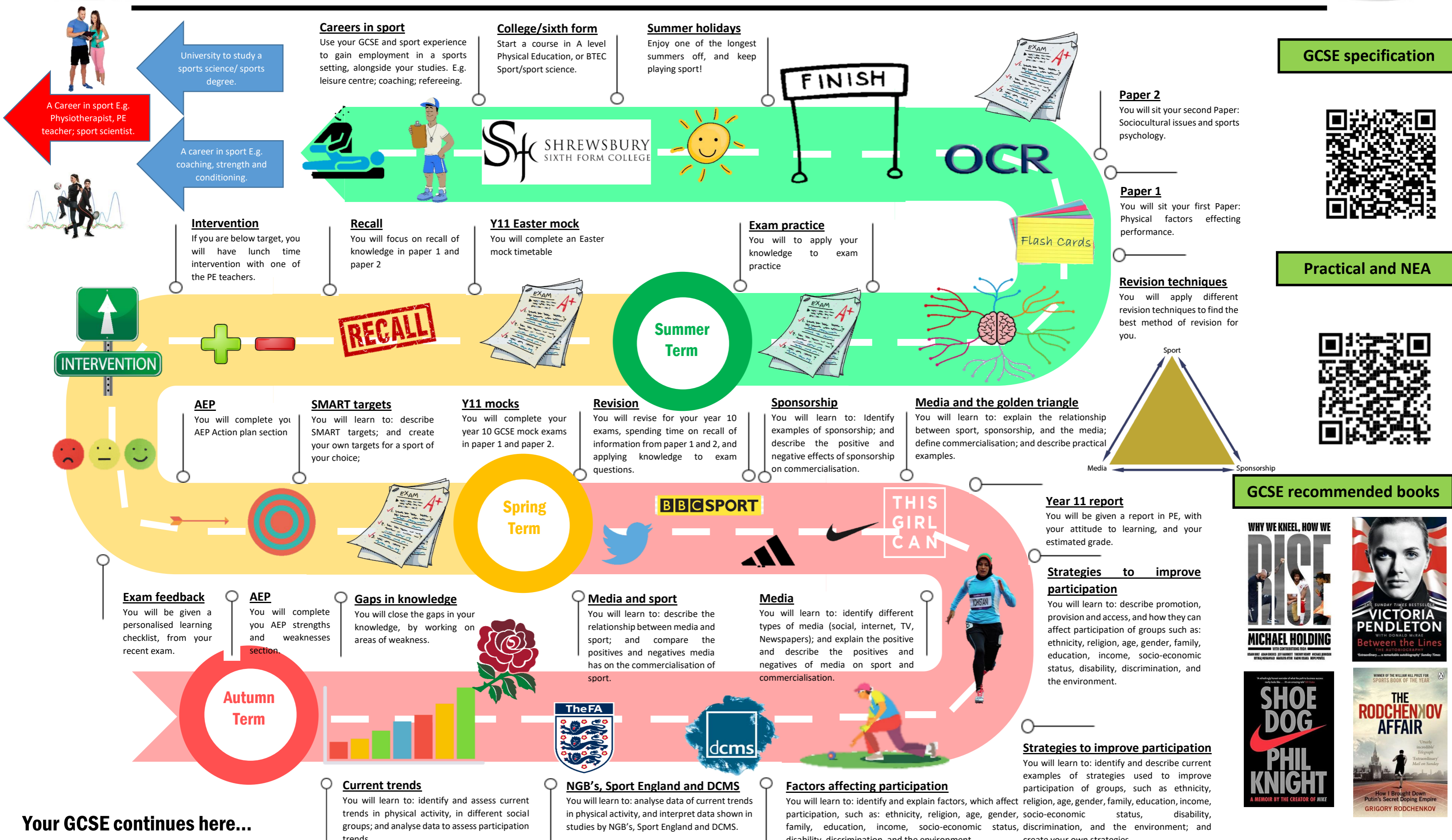
You will learn to: explain the difficulty and environmental continua, and compare practical examples in sport; and describe the characteristics of a skilful performer.

Your GCSE course starts here...



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Year 11 GCSE – Curriculum map 2023-2024



Your GCSE continues here...