

The Priory school - Physical Education

Year 10 GCSE – Curriculum map 2020-2021



GCSE specification

Respiration

You will learn how to: describe define BR x TV=ME.

Y10 reports

Reports showing the progress you have made in GCSE PE.

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.

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

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.

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

PEDs

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

Ethical factors

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

Practical and NEA



the pathway of air; explain the mechanics of breathing; explain gas exchange; and

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

Hazards

Types of guidance

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

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

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

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.

Summer

You will complete the analysis

of components of fitness

Term

You will learn to: Identify the three

Diet

macronutrients, and micronutrients; describe and compare diets of different performers: and explain special diets, such as carbohydrate loading, and high protein diets.

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



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

Spring Term

You will learn to: identify the major bones in the body; identify the six describe synovial joints,

Muscular system

the major muscles in the body; explain how muscles work in antagonistic pairs.

Progress and ATL

Your progress and Attitude to learning will

Planes and axes

Personalised planning day

Lever systems

practical examples.

practical examples

Planes of movement

You will plan areas for developmen across all parts of school life.

Youi will learn to describe and explain

the 3 leaver systems, including

You will learn to: identify and describe

the frontal, transverse and sagittal

planes of movement, and identify

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.

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

PE recommended books



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

of a warm-up and cool down; explain the physiological benefits of both; create a warm-up and cool down for

You will learn to: describe the phases

Autumn

Term

You will learn to: Describe a PAR-Q;

explain the hazards at five different

venues; and describe ways to prevent

articulating bones.

Skeletal system

functions of the skeletal system;

Cardiovascular system

volume, and cardiac output;

You will learn to: identify

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...



The Priory school - Physical Education

Year 11 GCSE – Curriculum map 2020-2021





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

INTERVENTION



University to study a

sports science/ sports

degree.

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

> If you are below target, you will have lunch time intervention with one of



the PE teachers.

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.

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

Recall

College/sixth form

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

Y11 Easter mock

mock timetable

You will complete an Easter

SHREWSBURY

Summer holidays

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



Exam practice

You will to apply your knowledge to practice



Summer Term

BBCSPORT

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





Practical and NEA





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.

Spring

Term

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 *auestions*

Sponsorship

Flash Cards

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

Paper 2

psychology.

Paper 1

performance.

You will sit your second Paper

Sociocultural issues and sports

You will sit your first Paper: Physical factors effecting

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

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.

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

PE recommended books



Exam feedback

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

Autumn

Term

You will complete and weaknesses section.

Gaps in knowledge

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

You will learn to: identify and assess current

trends in physical activity, in different social

groups; and analyse data to assess participation

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

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

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.

Your GCSE continues here...