

The Priory school - Physical Education

Year 10 GCSE – Curriculum map 2021-2022



Warm up and cool down

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

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 checklist (PLC), where you can reflect on what you need to do to improve.

Effects of exercise

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.

You will learn to: describe

Mental preparation

Respiration

You will learn how to:

describe the pathway of

explain

mechanics of breathing;

explain gas exchange; and define BR x TV=ME.

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

Year 10 exams

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

Revision

of information from paper 1 to exam questions.

You will revise for your year 10 exams, spending time on recall and 2, and applying knowledge

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

Principles of training



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

Methods of training

components of fitness.

You will learn to: describe different

types of training; compare different

types of training; and design types

of training to improve different

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

GCSE specification



Practical and NEA



<u>Énergy systems</u>

You will learn to: explain

aerobic and anaerobic

respiration, and compare

aerobic and anaerobic

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

Types of guidance

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

You will learn how to answer a

6 mark exam guestion, in

terms of style and how to how

to access A01, A02, and A03

Types of feedback

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

<u>Exam</u>

Apply your knowledge to an exam completed in class.

Summer Term

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.

You will complete the analysis of components of

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

Spring Term



Skeletal system

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

You will learn to: identify

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

Progress and ATL

Your progress and

Planes and axes

describe the three planes and axes of movement, and identify practical examples

Lever systems

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

Planes of movement

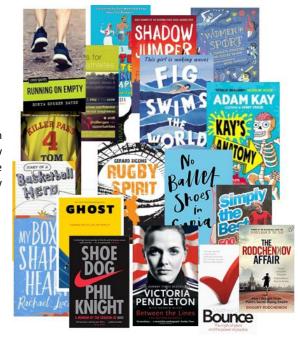
You will learn to: identify and describe the frontal, transverse and sagittal planes of movement, and identify practical examples

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



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;

6 marker

Muscular system

Attitude to learning will be assessed.

You will learn to: identify and

Autumn Term



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.

Joints and types of movement

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 2021-2022

Summer holidays

playing sport!

Enjoy one of the longest

summers off, and keep





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



INTERVENTION

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.

You will complete you

AEP Action plan section

Recall

Careers in sport

Use your GCSE and sport experience

to gain employment in a sports

setting, alongside your studies. E.g.

leisure centre; coaching; refereeing.

paper 2

You will focus on recall of knowledge in paper 1 and

Y11 Easter mock

You will complete an Easter mock timetable

College/sixth form

Start a course in A level

Physical Education, or BTEC

SHREWSBURY

Sport/sport science.

Term

Summer

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*

BBCSPORT

Sponsorship

Exam practice

knowledge

practice

You will to apply your

to exam

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

FINISH

The golden triangle

You will learn to: explain the relationship between sport, sponsorship, and the media; define commercialisation; and describe practical

GCSE specification



Practical and NEA





Exam feedback

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

You will complete and weaknesses section.

Gaps in knowledge

You will close the gaps in your knowledge, by working or 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

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

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



Autumn Term

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

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...