



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

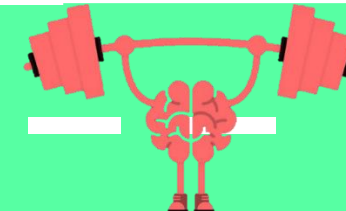
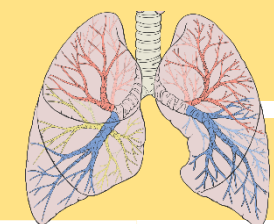
Using the knowledge you have learned, you will complete the movement analysis section of the AEP, analysing a skill of your choice.

Summer Term

Spring Term

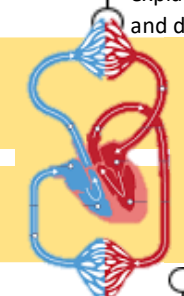
Autumn Term

Your GCSE course starts here...



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;



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.



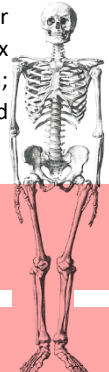
AEP

You will complete the analysis of components of fitness



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.

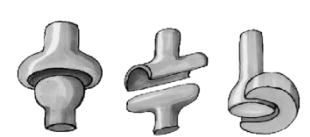
Planes and axes

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.



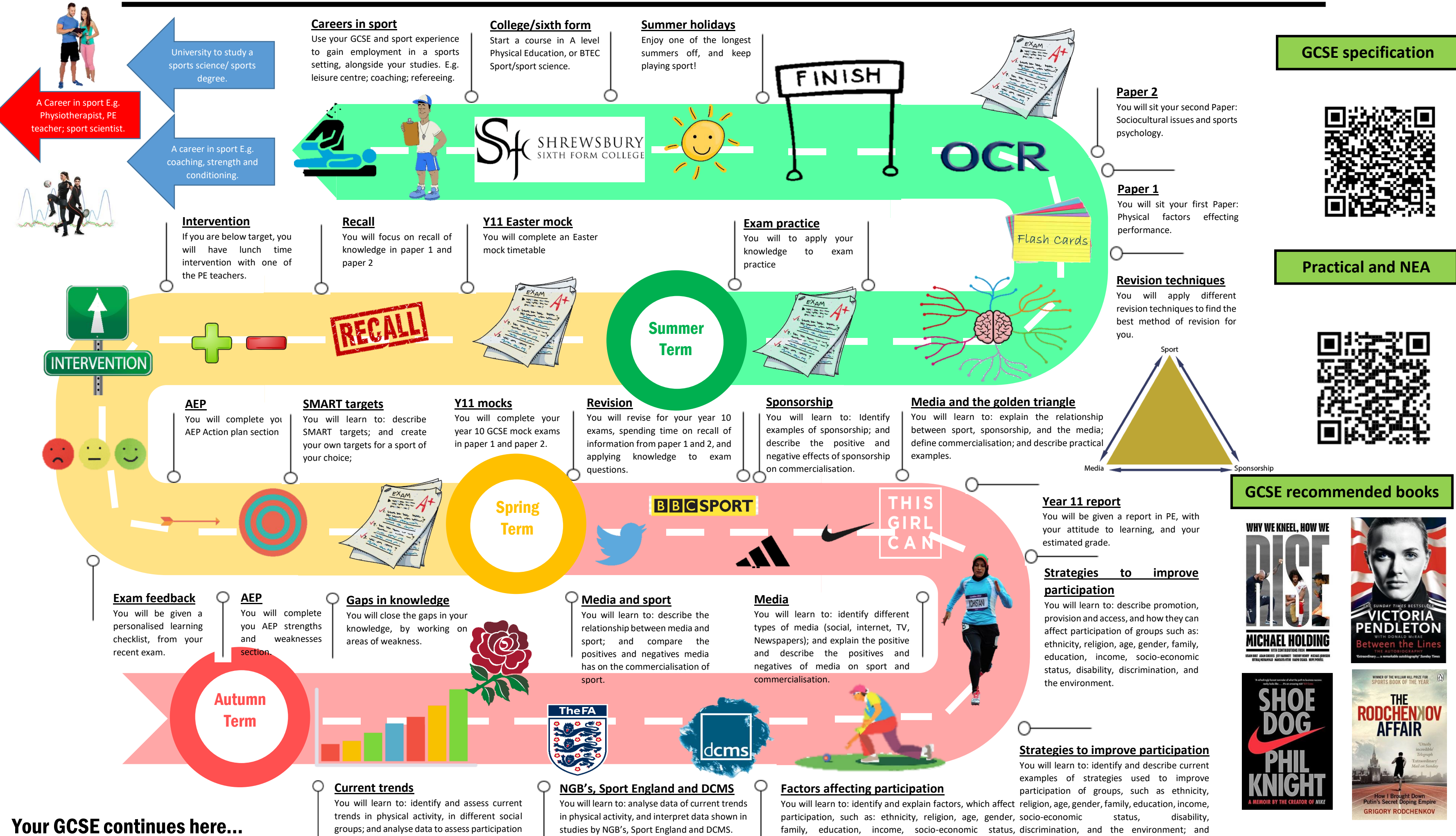
Types of continua

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



The Priory school - Physical Education

Year 11 GCSE – Curriculum map 2023-2024



Your GCSE continues here...

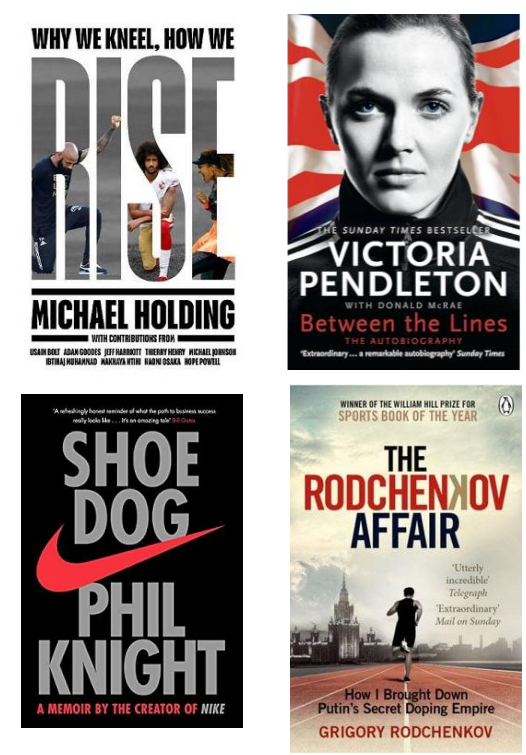
GCSE specification



Practical and NEA



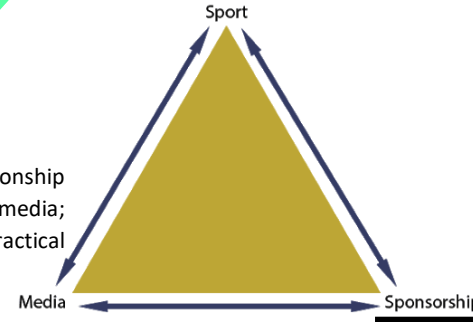
GCSE recommended books



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.



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

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.

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.

FINISH

OCR

Flash Cards

Summer Term

Spring Term

Autumn Term

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.

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!

University to study a sports science/ sports degree.

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

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

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

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.

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

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.

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, socio-economic status, disability, family, education, income, socio-economic status, discrimination, and the environment; and create your own strategies.