

# The Priory school - Physical Education

Year 10 GCSE – Curriculum map 2023-2024

You will revise for your year 10 exams,

spending time on recall of information from

paper 1 and 2, and applying knowledge to



## 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

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

## <u>Hazards</u>

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.

You will complete the evaluation of fitness controlled assessment.

<u>Énergy systems</u>

# Work experience

You will undertake work experience in an area of

## **Principles of training**

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

Types of guidance

practical examples.

You will learn to: describe four

types of guidance, and create

## Methods of training

Revision

exam questions.

Summer

Term

You will learn to: describe differen types of training; compare differen types of training; and design type of training to improve differen components of fitness.

complete overview of skills section of the ΔFP

## Exam feedback

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

You will learn to: identify 3 PEDs; and compare the performance benefits with the negative side effects.

# **GCSE** specification



## **Ethical factors**

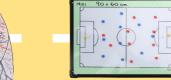
Youi will learn to: describe sportsmanship, gamesmanship, and deviance: and explain reasons for gamesmanship, and

# 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.

# **Practical and NEA**





## Respiration

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

Mental preparation

mental preparation.

You will learn to: describe the four

types of mental preparation;

describe practical examples;

explain the effects and benefits of

You will learn how to: describe the pathway of 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 how to access A01, A02, and A03

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

Year 10 exams

and paper 2.

You will complete your year 10

GCSE mock exams in paper 1

## Types of feedback

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

# **GCSE** recommended books

# **Spring** Term



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

**Skeletal system** 

# 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

## Planes and axes

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

## Planes of movement

**Lever systems** 

practical examples.

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

Youi will learn to describe and explain

the 3 leaver systems, including

## **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.

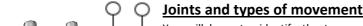








# Autumn Term



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.

characteristics of a skilful performer.

## Types of continua

You will learn to: explain the difficulty and environmental continua, and compare practical examples in sport; and describe the

# Your GCSE course starts here...

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

Cardiovascular system

volume, and cardiac output;



# The Priory school - Physical Education

Year 11 GCSE – Curriculum map 2023-2024





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

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



the PE teachers.

## 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.

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

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

Y11 Easter mock

mock timetable

You will complete an Easter

SHREWSBURY

College/sixth form

## Summer holidays

Enjoy one of the longest



summers off, and keep playing sport!



You will to apply your knowledge to exam practice

Exam practice



# Summer Term

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





# **Practical and NEA**



**GCSE** recommended books

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

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**

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: 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.



# Exam feedback You will be given a

personalised learning checklist, from your recent exam.

You will complete you AEP strengths weaknesses and

Autumn

Term

Gaps in knowledge

**Current trends** 

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

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.

## NGB's, Sport England and DCMS Factors affecting participation

disability discrimination and the environment

You will learn to: identify and explain factors, which affect religion, age, gender, family, education, income, participation, such as: ethnicity, religion, age, gender, socio-economic family, education, income, socio-economic status, discrimination, and the environment; and

# You will learn to: identify and describe current

examples of strategies used to improve participation of groups, such as ethnicity, create your own strategies

Strategies to improve participation

# **Your GCSE continues here...**