

Year 10 GCSE PE

Subject and Year Group	Autumn Year 10	Autumn 2 Year 10	Spring 1 Year 10	Spring 2 Year 10	Summer 1 Year 10	Summer 2 Year 10
<p>Topic/Unit to be studied</p>	<p>1.1 The Body Systems</p> <p>Students will be able to name and locate the major bones/muscles of the body and be able to apply examples of how the skeletal/muscular system allows the functions such as posture and movement. Students will develop their knowledge of the three classes of lever and will be able to use examples from physical activities and sport to show where these levers might operate to produce movement.</p> <p>Students will know the three planes of movement and be able to give examples of these levers from different physical activities and sports.</p>	<p>1.2 Physical Training</p> <p>Students will develop their knowledge and understanding of the components of fitness and methods of training. Students will be apply using a range of practical examples from physical activities and sports component.</p>	<p>1.2 Physical Training</p> <p>Students will develop their knowledge and understanding of the principles of training. They will be able to define each principle and be able to apply each to personal exercise/training programmes. Learners will develop their knowledge and understanding of how to optimise training using the FITT principle and different types of training. Learners will develop their knowledge and understanding of the key components and physical benefits of the warmup and cool down applied to physical activities and sports.</p>	<p>2.2 Sports Psychology</p> <p>Students will develop their knowledge and understanding of the psychological factors that can affect performers. They will also develop their knowledge and understanding of how movement skills are learned and performed in physical activities and sports. The characteristics and classification of skilful movement will be understood, along with the role of goal setting and mental preparation to improve performance in physical activities and sports.</p>	<p>2.2 Sports Psychology</p> <p>Students will develop their knowledge and understanding of guidance and feedback that affects the learning and performance of movement skills. Students will be able to identify key terms and describe psychological concepts, using practical examples from their own performances. Learners will show that they can explain and evaluate sports psychology theories and principles and be able to apply theory to practice.</p>	<p>AEP- non-examined coursework</p> <p>Students are required to demonstrate their ability to analyse and evaluate their own practical performance or that of a peer in order to:</p> <ul style="list-style-type: none"> • analyse aspects of personal performance in a practical activity • evaluate the strengths and weaknesses of the performance • produce an action plan which aims to improve the quality and effectiveness of the performance.

Core Knowledge and skills	1.1a Skeletal System 1.1b Muscular System 1.1c Movement Analysis	1.2 Components of Fitness Methods of Training	1.2 Principles of Training Prevention of Injury	2.2 Classification of Skills/Skills Continuum	2.2 Guidance & Feedback	<ul style="list-style-type: none"> • Analysis of Performance • Evaluation
Assessment	End of Topic test 1.1a/b/c October half term 8 mark assessed question	8 mark assessed question	End of Topic test 1.2a/b/c February half term	End of topic test 2.2 May half term		Mock exam July
Assessment for and of Learning	<ul style="list-style-type: none"> - Low stakes testing through Quizlets/Kahoots throughout lessons - End of Unit tests at the end of each phase - 8 mark written assessment for each topic covered 			<ul style="list-style-type: none"> - Medium level control written document - 14 hours allocated to complete - Mock exam in June 		
Practical Activities covered (cohort dependent)						
Netball	Trampolining					
Football	Tennis					
Hockey	Athletics					
Badminton						
Handball						
Rugby						