

Year 10 – GCSE PE - Curriculum Road Map

ABC Links to literacy

We develop literacy through reading subject specific literature aloud, discussing key concepts with our peers and applying knowledge to extended writing questions.

AUTUMN 2

Topic: **The Structure and Function of the Cardiovascular System**

Why study this topic? To know the function and structure of the cardiovascular system, and to understand how it enables physical activity and sports performance.

Topic: **The Structure and Function of the Respiratory System**

Why study this topic? To know the function and structure of the respiratory system and to understand how it enables to physical activity and sports performance.

2

SPRING 2

Topic: **Movement Analysis**

Why study this topic? To know and understand how movement in physical activity and sports performance is analysed using levers, planes and axes.

Topic: **Physical Training**

Why study this topic? To know and understand the components of fitness, how to conduct fitness testing, and be able to analyse fitness testing results and understand the relationship between fitness and sports performance. This topics support the completion of the course work: Analysis and Evaluation of Performance (AEP).

4

SUMMER 2

Topic: **Physical Training**

Why study this topic? To know and understand how to assess physical readiness for participation in physical activity. To know and understand varying injuries and how to treat and prevent them. To know and understand the impact and implications of performance enhancing drugs. To know and understand how to set realistic SMART targets which can develop sporting performance. This topics support the completion of the course work: Analysis and Evaluation of Performance (AEP).

6

Subject Intent statement

We learn and participate in Physical Education to understand the role it plays in developing and maintaining a physically, socially and mentally healthy lifestyle. PE helps us to develop life skills such as leadership, resilience, respect, confidence and empathy while providing us with the knowledge and skills to participate in recreational and competitive sport and study sport or sport science.

1

3

AUTUMN 1

Topic: **The Structure and Function of the Skeletal System**

Why study this topic? To know the function and structure of the Skeletal system, and to understand how it enables physical activity and sports performance.

Topic: **The Structure and Function of the Muscular System**

Why study this topic? To know the function and structure of the muscular system and to understand how it enables to physical activity and sports performance.

SPRING 1

Topic: **The Effects of Exercise**

Why study this topic? To know the short-term and long-term effects of exercise on the musculoskeletal and cardiorespiratory systems and their effect on physical activity and sports performance.

Topic: **Aerobic and Anaerobic Exercise**

Why study this topic? To know and understand the two different systems that supply the body with energy and their effect on the body systems during sports performance.

5

SUMMER 1

Topic: **Physical Training**

Why study this topic? To know and understand the principles of training and varying training methods to help improve fitness and sports performance. This topics support the completion of the course work: Analysis and Evaluation of Performance (AEP).

123 Links to Numeracy

In PE, we use mathematics to analyse data and trends in tables and graphs. We also use mathematics to calculate training thresholds and the capacities of our body systems.