

Curriculum map GCSE Physical Education

Year 10

	Autumn Term 1 Paper 2	Autumn Term 2 Paper 1	Spring term 1 Paper 1	Spring Term 2 Paper 1	Summer term 1 Paper 2	Summer term 2
Topic	6 Health and Fitness L1-8	1A Applied Anatomy and Physiology L9-15	2 Movement Analysis L16-20	1BC The Structure and Function of the Cardio-Respiratory system L21-28	4 Sports Psychology L29-32	Revision of Year 1 Content L33 -36
End Point Knowledge (Objective)	<p>AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>Linking participation in PA exercise and sport to fitness.</p> <p>The Consequences of a Sedentary Lifestyle.</p> <p>Know how exercise can suit varying needs of individuals</p> <p>Obesity and how it may affect performance in PA and sport.</p> <p>The most suitable Somatotype.</p> <p>How energy is gained from food and used</p> <p>Reasons for a balanced diet.</p>	<p>AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>Understand the Structure and Functions of the Skeleton.</p> <p>The structure and functions of Synovial Joints.</p> <p>The Movements involved in different Joints.</p>	<p>AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>Understand the different classes of Levers found in the body.</p> <p>The Mechanical Advantages of different Lever Systems.</p> <p>How Muscles work to cause movements.</p> <p>The Planes and Axes of different movements.</p> <p>Understand the types of movement that happen at joints.</p> <p>The names of the muscles causing movements at different joints.</p>	<p>AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>Understand the Pathway of Air into and out of the Lungs.</p> <p>Gas Exchange at the Alveoli and the features that assist gas exchange.</p> <p>The Structure and Function of Arteries, Capillaries and Veins</p> <p>The Structure of the Heart</p> <p>The order of the Cardiac Cycle and the Pathway of the blood through the Heart</p> <p>The terms Cardiac Cycle, Stroke Volume and Heart rate and the relationship between them.</p> <p>The Mechanics of Breathing as the interaction of the</p>	<p>AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>What is Skill and what is an Ability?</p> <p>Classification of Skills.</p> <p>Definitions and Types of Goals.</p> <p>Setting performance and outcome goals.</p> <p>The use of SMART targets to improve performance.</p> <p>Basic information Processing Model.</p>	<p>AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO1 Mock exam Paper 1 The Human Body and Movement in PA and Sport</p> <p>AO2 Mock Exam Paper 2 Socio Cultural Influences and Wellbeing in PA and Sport.</p>

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	<p>The role of Macro and Micro nutrients.</p> <p>Reasons for maintaining water balance.</p>			<p>Intercostal muscles, ribs and Diaphragm.</p> <p>Interpret Lung Volumes through a Spirometer traces</p> <p>Aerobic and Anaerobic Intensities.</p> <p>Recovery process and EPOC/Oxygen Debt.</p> <p>Methods to recover from exercise.</p> <p>Immediate short- and Long-term effects of exercise.</p>		
Assessment task (s)	AO2 Unit Test	AO1 Unit Test	AO1 Unit Test	AO1 Unit Test	AO2 Unit Test	AO1 and AO2 Paper 1 Mock and Paper 2 Mock
Key text and vocabulary	AQA GCSE 9-1 PE Hodder Education, CGP AQA PE 9-1, BBC Bitesize – Health, Fitness, Wellbeing, Physical, Emotional, Social health, Sedentary lifestyle, Obesity, Somatotype, Ectomorph, Endomorph, Mesomorph, Balanced diet, Minerals, Vitamins, Protein, Carbohydrate, Fat, Dehydration, Hydration, Rehydration	AQA GCSE 9-1 PE Hodder Education, CGP AQA PE 9-1, BBC Bitesize – Support, Protection, Long Bones, Movement, Joint, Synovial Joint/Membrane, Cartilage, Synovial Fluid, Capsule, Ligaments, Dislocation, Bursae, Tendon, Hinge Joint, Flexion, Extension, Vertebrae, Hinge joint, Flexion, Extension, Ball and Socket, Range of Movement, Abduction, Adduction, Rotation,	AQA GCSE 9-1 PE Hodder Education, CGP AQA PE 9-1, BBC Bitesize – Fulcrum, Resistance, Effort, First Class, Second Class, Third Class Lever, Mechanical Advantage, Agonist, Antagonist, Tendons, Isotonic, Isometric, Concentric, Eccentric, Sagittal Plane Transverse Axis, Frontal Plane Sagittal Axis, Transverse Plane and Longitudinal Axis, Deltoid, Latissimus Dorsi, Biceps, Triceps, Hamstrings, Quadriceps, Hip Flexors, Gluteals, Tibialis Anterior, Gastrocnemius, Rotator Cuff	AQA GCSE 9-1 PE Hodder Education, CGP AQA PE 9-1, BBC Bitesize – Trachea, Bronchi, Bronchioles, Lungs, Alveoli, Abdominal Muscles, Tidal Volume, Oxyhaemoglobin, Expiratory Reserve Volume (ERV), Inspiratory Reserve Volume (IRV) Residual Volume, Artery, Vein, Capillaries, Vasoconstriction, Vasodilation, Atria, Ventricles, Cardiac Cycle, Systole, Diastole	AQA GCSE 9-1 PE Hodder Education, CGP AQA PE 9-1, BBC Bitesize – Skills, Abilities, Open Skill, Closed Skill, Self-Paced Skill, Externally-Paced Skill, Performance Goals, Outcome Goals, Information Processing, Model IP,	AQA GCSE 9-1 PE Hodder Education, CGP AQA PE 9-1, BBC Bitesize – Analyse, Apply, Calculate, Compare, Consider, Define, Describe, Discuss, Evaluate, Explain, Identify, Illustrate, Interpret, Justify, Outline, Suggest, State.

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		Plantar Flexion, Dorsi Flexion				
Link with A Level/CTE C Sport	Unit 12 Nutrition and Diet for Sports and exercise Unit 20 Sociology of Sport	Unit 1 Body Systems and the effects of PA	Unit 10 Bio Mechanics and movement Analysis	Unit 1 Body Systems and the effects of PA	Unit 19 Psychology of Sport	
Challenge: All students	What are the Long-term benefits of a healthy active lifestyle?	What are the functions of the Musculo-Skeletal system?	How do Antagonist pairs work together to produce movement at Joints?	When and How is Oxygen debt repaid?	What is Goal Setting?	Aspirational Target Grade
More able students	How does health, exercise and fitness contribute to elite sports performance?	How does Musculo-Skeletal system enable movement to perform specific sporting skills?	Using Sporting examples how do Lever Systems create mechanical advantage?	Explain the pathway of air into and out of the lungs	How does performance target setting help to boost performance?	
Opportunity Love, Hope, Trust	Socio cultural influences – Participation of specific groups in sport.	Stars of NFL – Alan Donald	GB Olympic Gymnasts	Mo Farah - Training body systems for elite performance.	Stars of Rugby - Owen Farrell	Role Models in Sport and Education
Enrichment / Cultural enrichment)	Participation in the extended curriculum. Autumn, Winter and Summer provision. Representing House team, Participation in external school sports competition. Affiliation and membership with community sports clubs. Selection and performance for district and regional teams. Attendance at school and community trips and residential breaks for Outdoor Education.					

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