



Curriculum Map

Subject: GCSE PE

Year Group: 10

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content	<p>Applied Anatomy and Physiology 3.1.1 Musculoskeletal system. Bones and the functions of the skeleton. Structure of the skeletal system/functions of the skeleton. Muscles of the body. Structure of a synovial joint. Types of freely moveable joints that allow different movements. How joints differ in design to allow certain types of movement. How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints.</p> <p>Physical Training 3.1.3</p>	<p>Principles of training 3.1.3.3 3.2 Socio-cultural influences and well-being Energy use. Reasons for having a balanced diet and the role of nutrients. The role of carbohydrates, fat, protein, vitamins and minerals. Reasons for maintaining water balance (hydration) and further applications of the topic area</p> <p>3.2.1 sports psychology:</p> <p>Skill and ability, including classification of skills.</p> <p>NEA netball</p>	<p>3.1.1.2 Cardio-respiratory system The pathway of air and gaseous exchange. Blood vessels. Structure of the heart and the cardiac cycle (pathway of blood). Cardiac output and stroke volume (including the effects of exercise). Mechanics of breathing and interpretation of a spirometer trace.</p> <p>3.2.1.2</p> <p>NEA Introduction to written coursework</p>	<p>Definitions and types of goals. The use and evaluation of setting performance and outcome goals, including the use of SMART targets to improve/optimize performance.</p> <p>3.1.3.4 optimize training and prevent injury</p> <p>NEA Athletics</p>	<p>The meaning of health and fitness: physical, mental/emotional and social health-linking participation in physical activity to exercise, sport to health and well-being. The consequences of a sedentary lifestyle. Obesity and how it may affect performance in physical activity and sport. Somatotypes.</p> <p>Aerobic/anaerobic exercise</p> <p>NEA athletics</p>	<p>PPE revision: Feedback.</p> <p>NEA: written coursework</p>

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	Health and fitness NEA: netball					
Skills	Analysing movement understanding the link between practical and science of movement Applying theory to practical examples. Understanding exam language.	Linking training to demands of sport and components of fitness Identify skills and abilities required for sporting activities	Understand the role of haemoglobin in the transport of oxygen and carbondioxide. Explain how the features/ characteristics assist with gaseous exchange.	Setting personalised performance goals.	Identify energy pathways for variety of activity.	Reflect on areas requiring improvement – theory and practical.
Key questions	Know the functions. Be able to explain the functions. Be able to give applied examples,	How to recognise strengths and weaknesses in performance. How can you improve performance using principles of training?	Names of pathways. Order of pathways. Identification of pathways on diagrams. Characteristics and functions of the alveoli.	Differences between performance and outcome goals – how can they be used to improve performance?	Linking training types to types of activity: aerobic/ anaerobic energy. Link to examples	Design a personal action plan to improve performance.
Assessment	Quiz In class short tests Questions and answer sessions Spelling tests Group work tasks Peer assessments Unit tests / Everlearner assignments					PPE. Everlearner assignments Quiz In class short tests Questions and answer sessions Spelling tests Group work tasks Peer assessments
Literacy/ Numeracy/	Spelling / terminology Data					

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
SMSC/ Character	Team work Independent work					