Year 10 Curriculum Implementation: Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge and Skills	<ul> <li>The components of fitness</li> <li>The relationship between health and fitness</li> <li>Linking sports and physical activity to the required components of fitness</li> <li>Understand and justify why the components of may or may not be needed when performing certain physical activities and sports</li> <li>Reasons for and limitations of fitness testing</li> <li>Measuring the components of fitness. Knowledge of the main procedures of the tests used to measure the components of fitness</li> <li>Demonstration of how data is collected for fitness testing</li> <li>Quantitative data</li> <li>Qualitative data</li> <li>Presenting data</li> <li>Analysis and evaluation of data</li> <li>Table Tennis</li> </ul>	The principles of training and overload Application of the principles of training Types of training Identification of the advantages and disadvantages (the effects on the body) of training types linked to specific aims Calculating intensities to optimise training effectiveness Considerations to prevent injury Specific training techniques – high altitude training as a form of aerobic training Seasonal aspects Warming up and cooling down Netball	The structure and functions of the musculoskeletal system  Bones  Structure of the skeleton  Functions of the skeleton  Muscles of the body  Structure of a synovial joint  Types of freely movable joints that allow different movements  How joints differ in design to allow certain types of movement at a joint  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  Handball	The structure and functions of the cardio-respiratory system  The pathway of air Gaseous exchange Blood vessels Structure of the heart The cardiac cycle and the pathway of the blood Cardiac output, stroke volume and heart rate Mechanics of breathing – the interaction of the intercostal muscles, ribs and diaphragm in breathing Interpretation of a spirometer trace Football	Anaerobic and aerobic exercise  Understanding the terms aerobic exercise (in the presence of oxygen) and anaerobic exercise (in the absence of enough oxygen) and practical examples  Excess post-exercise oxygen consumption (EPOC)/oxygen debt as the result of muscles respiring anaerobically during vigorous exercise and producing lactic acid  The recovery process from vigorous exercise  The short and long term effects of exercise  Immediate effects of exercise (during exercise)  Short-term effects of exercise (up to 36 hours after exercise)  Long-term effects of exercise (months and years of exercising)	Movement analysis First, second and third class lever systems  Mechanical advantage – an understanding of mechanical advantage in relation to the three lever systems  Analysis of basic movements in sporting examples  Planes and axes of movement Identification of the relevant planes (frontal, transverse, sagittal) and axes (longitudinal, transverse, sagittal) of movement used whilst performing sporting actions  Athletics
Links to prior learning	Year 9 theory Module	Year 9 theory Module	Year 9 theory Module     KS3/4 Science	Year 9 theory Module     KS3/4 Science	Year 9 theory Module     KS3/4 Science	KS3/4 Mathematics
Assessment	End of Topic Test	End of Topic Test	End of Topic Test	End of Topic Test	End of Topic Test	End of Topic Test
Home learning	Weekly homework set on topic studies	Weekly homework set on topic studies	Weekly homework set on topic studies	Weekly homework set on topic studies	Weekly homework set on topic studies	Weekly homework set on topic studies
Cultural Capital and extra- curricular opportunities	Table Tennis Extra curricular club	Netball Extra curricular club	Handball Extra curricular club	Football Extra curricular club	Table Tennis Extra curricular club	Athletics Extra curricular club
Literacy	Definitions of the components of fitness	Terminology Specific to Training and Thresholds	Names of bones, joints and connective tissues	Names of components of the cardio- respiratory system, lung volumes and capacities	Terminology relating to Aerobic and Anaerobic exercise	Terminology relating to planes and axes of movement and lever systems
Numeracy	Interpreting Data	Calculating Training Intensities	How many marks are available for this question? How long should we spend on this question?	Volumes and cardiac output	How many marks are available for this question? How long should we spend on this question?	Lever system loads
Careers Information, Education, Advice and Guidance (CEIAG)	<ul><li>Sports Scientists</li><li>Fitness Conditioners</li></ul>	Sports Scientists     Fitness Conditioners	<ul><li>Medical Professions</li><li>Physiotherapist</li></ul>	<ul><li>Medical Professions</li><li>Physiotherapist</li></ul>	<ul><li>Sports Scientists</li><li>Fitness Conditioners</li><li>Medical professions</li></ul>	<ul><li>Sports Scientists</li><li>Fitness Conditioners</li><li>Biomechanists</li></ul>
Spirituality	Team work     Fair Play	Team work     Fair Play	Team work     Fair Play	Team work     Fair Play	Team work     Fair Play	Team work     Fair Play
How can parents support the curriculum?	Fair Play     Encouragement of regular home learning, self study and attendance to extra-curricular clubs.     Physical activity outside of school	Fair Play     Encouragement of regular home learning, self study and attendance to extra-curricular clubs.     Physical activity outside of school	Fair Play     Encouragement of regular home learning, self study and attendance to extra-curricular clubs.     Physical activity outside of school	Fair Play     Encouragement of regular home learning, self study and attendance to extra-curricular clubs.     Physical activity outside of school	Fair Play     Encouragement of regular home learning, self study and attendance to extra-curricular clubs.     Physical activity outside of school	Fair Play     Encouragement of regular home learning, self study and attendance to extra-curricular clubs.     Physical activity outside of school