Year 10 Curriculum Plan

PE



| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | | | |
|-------------------|--|--|---|--|--|--|--|--|--|
| PRIOR LEARNING | In KS3 PE, pupils will have developed their knowledge and understanding of tactics and strategies in order to overcome opponents in direction competition. They will al have developed their knowledge of advanced dance techniques with a range of dance styles and take part in outdoor and adventurous activities which will have enable pupils to work in a team and develop problem solving skills. Pupils will utilise their prior learning of KS3 PE to enhance core and advanced skills as part of the year 10 core PE activities: Football, Basketball, Netball, Trampolining, Badminton, Rugby, Healthy Active Lifestyles, Athletics, Rounders | | | | | | | | |
| KNOWING WHAT | OCR Sports Studies: Aspects of a warm-up Appropriate skill drill for selected sport Skill development of drills to allow for progression Adapted game – Competition Aspects of a cool down GCSE PE: The structure and function of the skeletal | OCR Sports Studies: Risk assessment and corrective action <u>GCSE PE:</u> Movement analysis The cardiovascular and respiratory systems <u>VCERT PE:</u> The muscular system – Muscular system – | OCR Sports Studies:Lead the sports activity session with consideration of: -Activity specific details -Leadership style/Delivery style -Adaptability -Communication -Positioning -Enthusiasm for the activity and motivation of the group -Confidence -CreativityGCSE PE: Effects of exercise on the body systemsVCERT PE: The cardiovascular system - The heart and blood vessels. | OCR Sports Studies: Review of planning & leading - Improvements could be made - Opportunities to develop leadership skills for the future <u>GCSE PE:</u> Components of fitness Applying the principles of training | OCR Sports Studies: Key components for assessing strengths and weaknesses in an activity Methods to improve performance <u>GCSE PE:</u> Preventing injury in physical activity and training <u>VCERT PE:</u> The respiratory system – The function | OCR Sports Studies: Key components of performance – Participate in chosen activities. Methods to improve performance <u>GCSE PE:</u> Consolidation of Paper 1 Topics | | | |
| | The structure and function of the muscular system <u>VCERT PE:</u> • The skeletal system- Bones, Joints and The Vertebrae | Muscles and muscle fibres | | VCERT PE: Energy systems | | VCERT PE: The respiratory system- Respiratory volumes and gaseous exchange | | | |

The PE curriculum will include a broad range of activities during their KS3 Journey. The KS3 curriculum aims to allow pupils to develop their sporting ability across different sports, techniques, analysis of performance, strategical decision-making skills and how to lead a healthy active lifestyle.

The KS3 activities that each year group will follow will vary slightly throughout the school year due to teaching space availability.

Updated: December 2023

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| OCR Sports S Be able to org detailed lesso Pupils will also to create a co plan for their case what the planned for is available. GCSE PE Be able to app function of ce to practical si how these bo protected. Know how to function of th practical situat how these mu be protected. VCERT PE: Pupils will lea skeleton is mu joints. Pupils will lea locate the diffi on a skeleton | anise a n plan o learn how ntingency activity in y originally no longer bly the rtain bones cuations and hes and be apply the e muscles to tions and liscles can rn how the ade up of rn how to erent joints | OCR Sports Studies: Know how to undertake a risk assessment to minimise risk of injuries occurring. GCSE PE Know how to identify which lever system is used in different practical situations. Know how to identify which plane of movement and axes of rotation is used in different practical situations Know how to apply the functions of the cardio- vascular system to sporting situations and how these aid athletes' performance. VCERT PE: Pupils will learn how each type of muscle aids performance in health and fitness activities. Pupils will know how different muscle fibres are required for different health and fitness activities. | OCR Sports Studies: Know how to run a session which is safe, fun and rewarding for the participants and that involved can learn and develop their skills. GCSE PE Know how to apply the impact of the short-term and long-term effects of exercise on sports performance. <u>VCERT PE:</u> Pupils will learn how to label the heart diagram Pupils will learn how the blood travels around the body using a double circuit. | OCR Sports Studies: Know how to review your own performance in planning and leading a sports activity session with consideration of both positive and negatives. <u>GCSE PE</u> Know which component of fitness is useful for different sports and know how these components of fitness can improve performance for identified sports. Know how to apply the principles of training to optimise training and performance. <u>VCERT PE:</u> Pupils will learn about the two energy systems; Aerobic and anaerobic | OCR Sports Studies: Know how to improve performance in different activities considering the key components of those activities. GCSE PE Know how a warmup and a cool down will benefit athletes and their performance. Know how to optimise an athletes training and how training will impact on effects of exercise. VCERT PE: Know how to write about the pathway of air. Know how inhalation and exhalation work using the parts of the respiratory system | OCR Sports Studies: Know how to improve performance in different activities considering the key components of those activities. GCSE PE Know how to apply content to exam style questions. <u>VCERT PE:</u> Pupils will learn how each action is affected by health and fitness activities and how each action affects performance in health and fitness activities. |
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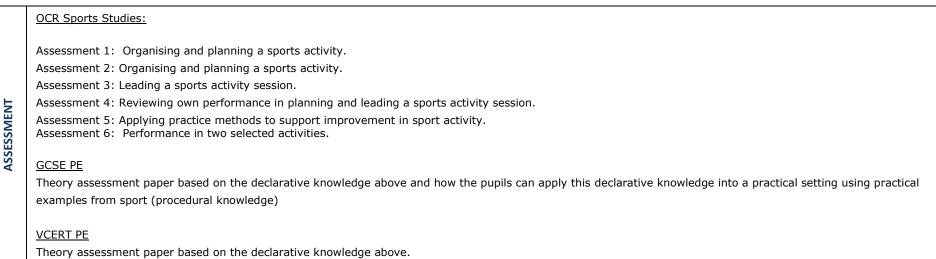
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