

# Year 10 Curriculum Plan

## PE



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>PRIOR LEARNING</b>	<p>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 also 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 enabled pupils to work in a team and develop problem solving skills.</p> <p>Pupils will utilise their prior learning of KS3 PE to enhance core and advanced skills as part of the year 10 core PE activities:  <b>Football, Basketball, Netball, Trampolining, Badminton, Rugby, Healthy Active Lifestyles, Athletics, Rounders</b></p>					
<b>KNOWING WHAT...</b>	<p><u>OCR Sports Studies:</u></p> <p>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</p> <p><u>GCSE PE:</u>  The structure and function of the skeletal system.</p> <p>The structure and function of the muscular system</p> <p><u>VCERT PE:</u></p> <ul style="list-style-type: none"> <li>• The skeletal system- Bones, Joints and The Vertebrae</li> </ul>	<p><u>OCR Sports Studies:</u></p> <p>Risk assessment and corrective action</p> <p><u>GCSE PE:</u>  Movement analysis</p> <p>The cardiovascular and respiratory systems</p> <p><u>VCERT PE:</u>  The muscular system – Muscles and muscle fibres</p>	<p><u>OCR Sports Studies:</u></p> <p>Lead the sports activity session with consideration of:</p> <ul style="list-style-type: none"> <li>-Activity specific details</li> <li>-Leadership style/Delivery style</li> <li>-Adaptability</li> <li>-Communication</li> <li>-Positioning</li> <li>-Enthusiasm for the activity and motivation of the group</li> <li>-Confidence</li> <li>-Creativity</li> </ul> <p><u>GCSE PE:</u>  Effects of exercise on the body systems</p> <p><u>VCERT PE:</u>  The cardiovascular system – The heart and blood vessels.</p>	<p><u>OCR Sports Studies:</u></p> <p>Review of planning &amp; leading</p> <ul style="list-style-type: none"> <li>- Improvements could be made</li> <li>- Opportunities to develop leadership skills for the future</li> </ul> <p><u>GCSE PE:</u>  Components of fitness</p> <p>Applying the principles of training</p> <p><u>VCERT PE:</u>  Energy systems</p>	<p><u>OCR Sports Studies:</u></p> <p>Key components for assessing strengths and weaknesses in an activity  Methods to improve performance</p> <p><u>GCSE PE:</u>  Preventing injury in physical activity and training</p> <p><u>VCERT PE:</u>  The respiratory system – The function</p>	<p><u>OCR Sports Studies:</u></p> <p>Key components of performance – Participate in chosen activities.</p> <p>Methods to improve performance</p> <p><u>GCSE PE:</u>  Consolidation of Paper 1 Topics</p> <p><u>VCERT PE:</u>  The respiratory system- Respiratory volumes and gaseous exchange</p>

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, strategic 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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KNOWING HOW...	OCR Sports Studies:	OCR Sports Studies:	OCR Sports Studies:	OCR Sports Studies:	OCR Sports Studies:	OCR Sports Studies:
	Be able to organise a detailed lesson plan Pupils will also learn how to create a contingency plan for their activity in case what they originally planned for is no longer available.	Know how to undertake a risk assessment to minimise risk of injuries occurring.	Know how to run a session which is safe, fun and rewarding for the participants and that involved can learn and develop their skills.	Know how to review your own performance in planning and leading a sports activity session with consideration of both positive and negatives.	Know how to improve performance in different activities considering the key components of those activities.	Know how to improve performance in different activities considering the key components of those activities.
	<u>GCSE PE</u> Be able to apply the function of certain bones to practical situations and how these bones can be protected.	<u>GCSE PE</u> 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 cardiovascular system to sporting situations and how these aid athletes' performance.	<u>GCSE PE</u> Know how to apply the impact of the short-term and long-term effects of exercise on sports performance.	<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>GCSE PE</u> Know how a warmup and a cool down will benefit athletes and their performance.	<u>GCSE PE</u> Know how to apply content to exam style questions.
	Know how to apply the function of the muscles to practical situations and how these muscles can be protected.	<u>VCERT PE:</u> 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.	<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.	<u>VCERT PE:</u> Pupils will learn about the two energy systems; Aerobic and anaerobic	Know how to optimise an athletes training and how training will impact on effects of exercise.	<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.
	<u>VCERT PE:</u> Pupils will learn how the skeleton is made up of joints. Pupils will learn how to locate the different joints on a skeleton.				<u>VCERT PE:</u> Know how to write about the pathway of air. Know how inhalation and exhalation work using the parts of the respiratory system	

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ASSESSMENT	<p><u>OCR Sports Studies:</u></p> <p>Assessment 1: Organising and planning a sports activity. Assessment 2: Organising and planning a sports activity. Assessment 3: Leading a sports activity session. Assessment 4: Reviewing own performance in planning and leading a sports activity session. Assessment 5: Applying practice methods to support improvement in sport activity. Assessment 6: Performance in two selected activities.</p> <p><u>GCSE PE</u></p> <p>Theory assessment paper based on the declarative knowledge above and how the pupils can apply this declarative knowledge into a practical setting using practical examples from sport (procedural knowledge)</p> <p><u>VCERT PE</u></p> <p>Theory assessment paper based on the declarative knowledge above.</p>
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