

Year 10 GCSE PE

	<u>Topic</u>	<u>Key concept – what do I want the students to learn from this unit?</u>	<u>What knowledge will they acquire?</u>
YEAR 10 OVERVIEW			
Y10 - half term 1	Applied Anatomy and Physiology	<p>Movement Analysis</p> <p>In this topic students will develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport through the following content.</p> <p>Lever systems, examples of their use in activity and the Mechanical advantage they provide in movement</p> <p>Planes and axes of movement</p>	<p>First, second and third class lever.</p> <p>Lever Systems. Body planes and axes.</p> <p>Movement patterns - body planes and axes.</p> <p>Definitions of fitness, health, exercise and performance</p> <p>Components of Fitness</p>
Y10 – half term 2	Applied Anatomy and Physiology	<p>Physical Training</p> <p>The components of fitness, benefits for sport and how fitness is measured and improved</p> <p>The principles of training and their application to personal exercise/ training programmes</p>	<p>Fitness Tests + Interpretation of Data</p> <p>Planning training using the principles of training.</p> <p>Training methods and training intensities +</p> <p>Training methods and components of fitness</p> <p>Training methods and components of fitness</p> <p>Long-term effects of aerobic and anaerobic training</p>
Y10 – half term 3	Applied Anatomy and Physiology	<p>Physical Training</p> <p>How to optimise training and prevent injury</p>	<p>Long-term training effects and benefits +</p> <p>Long-term training effects and benefits: intercostal muscles</p> <p>Long-term training effects and benefits</p> <p>The use of a PARQ to assess personal readiness for training + Injury prevention</p> <p>Injuries can occur in physical activity and sport</p> <p>Performance-enhancing drugs (PEDs) x2</p> <p>The purpose and importance of warm-ups and cool downs</p>
Y10 – half term 4	Applied Anatomy and Physiology	Physical Training	Personal Exercise Plan coursework
Y10 – half term 5	Health and Performance	Physical, emotional and social health, fitness and well-being	<p>Personal Exercise Plan</p> <p>Coursework</p> <p>Physical health, Emotional health, Social health</p> <p>Lifestyle choices</p> <p>A sedentary lifestyle and its consequences:</p>

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			The nutritional requirements and ratio of nutrients for a balanced diet + The role and importance of micronutrients.
Y10 – half term 6	Health and Performance	Health, Fitness and Wellbeing The consequences of a sedentary lifestyle Energy use, diet, nutrition and hydration	The factors affecting optimum weight: The correct energy balance to maintain a healthy weight and Hydration