


Year 10				
Pathway Curriculum	Physical Skills Knowledge Map	Thinking Skills	Leadership	Fitness & Health 
<p>Declarative</p> <p><i>What should they know?</i></p> <p><i>What key facts/concepts/knowledge do we want all students to know?</i></p>	<ul style="list-style-type: none"> Advanced techniques (GCSE/CNAT/ CORE) What skills to implement into certain competitive situations (GCSE/CNAT/ CORE) How to refine technique to suit the game situation (GCSE/CNAT/ CORE) How to disguise or outwit an opponent in competitive situations (GCSE/CNAT/ CORE) 	<ul style="list-style-type: none"> Basic & advanced Strategies (GCSE/CNAT/ CORE) Basic & advanced Tactics Formations (GCSE/CNAT/ CORE) Applied Anatomy & Physiology: Structure & function of the body systems (GCSE) Classification of bones, joints, muscles, and blood vessels (GCSE) Short & long term effects of exercise on the body systems (GCSE) Movement analysis -planes & lever systems (GCSE) Components of Fitness and fitness testing (GCSE/CNAT/ CORE) Fitness training methods and principles of training (GCSE/CNAT/ CORE) Performance Enhancing Drugs (GCSE/CNAT) Impact on media on local sport clubs (CNAT) 	<ul style="list-style-type: none"> Leadership qualities/skills (GCSE/CNAT/ CORE) Fair play and what it involves? (GCSE/CNAT/ CORE) Rules of the sport (GCSE/CNAT/ CORE) Scoring system within a given sport (GCSE/CNAT/ CORE) Organisation of tournaments (GCSE/CNAT/ CORE) Basic CPR (CORE) Different types of media (CNAT) 	<ul style="list-style-type: none"> What is a healthy lifestyle? (GCSE/CNAT/ CORE) Health benefits of exercise (GCSE/CNAT/ CORE) Fitness benefits of exercise (GCSE/CNAT/ CORE) How to plan a personal exercise programme? (GCSE/CNAT/ CORE) How to plan training sessions? (GCSE/CNAT/ CORE) How to measure heart rates and Training intensity (MHR)? (GCSE/CNAT/ CORE) How to carry out different training methods? (GCSE/CNAT/ CORE)
<p>Procedural</p> <p><i>What should they be able to do?</i></p> <p><i>What things should all students be able to do?</i></p>	<ul style="list-style-type: none"> Perform and refine advanced skills (GCSE/CNAT/ CORE) Select and apply appropriate technique in competitive situations (GCSE/CNAT/ CORE) Applying disguise to advanced techniques (GCSE/CNAT/ CORE) Complete the skills in isolation drills without guidance in a practical exam (GCSE/CNAT/ CORE) Complete the application of (GCSE/CNAT/ CORE) skill drills 	<ul style="list-style-type: none"> Apply advanced strategies & tactics (GCSE/CNAT/ CORE) Apply set plays (GCSE/CNAT/ CORE) Select formations/ order (GCSE/CNAT/ CORE) Knowledge & understanding of Anatomy & Physiology, Movement Analysis and Physical Training (GCSE) Identify and explain positives & negatives of Media in sport (CNAT) Apply knowledge & understanding of Component 1 content (GCSE) 	<ul style="list-style-type: none"> Lead/ co-lead a 3-part warm-up (GCSE/CNAT/ CORE) Lead small groups or assist a leader with a skills task (GCSE/CNAT/ CORE) Officiate or assist an official (GCSE/CNAT/ CORE) Organise a tournament fixtures and timings (GCSE/CNAT/ CORE) Record scores within a tournament/game (CORE) Plan a skills session (GCSE/CNAT) 	<ul style="list-style-type: none"> Plan an exercise plan (GCSE/CNAT/ CORE) Plan a skills &/or fitness session (GCSE/CNAT/ CORE) Perform training methods (GCSE/CNAT/ CORE) Monitor working heart rate/ training intensity (GCSE/CNAT/ CORE)



Curriculum Knowledge Map

	<p>without guidance in a practical exam (GCSE/CNAT/ CORE)</p> <ul style="list-style-type: none"> • Complete a range of fitness tests and training methods (GCSE/CNAT/ CORE) 	<ul style="list-style-type: none"> • Evaluate the topic within Component 1 content and relate to the context (GCSE) • Analyse and evaluate your own personal exercise programme (GCSE/CNAT/ CORE) 		
Disciplinary Literacy (Tier 3 Vocab)	<ul style="list-style-type: none"> • Activity/ sport specific terminology (dependent on activity sport covered) • Antagonistic muscle pairs • Dorsi-flexion • Plantar-flexion 	<ul style="list-style-type: none"> • Formation • Set plays • Commercialisation • Gaseous exchange 	<ul style="list-style-type: none"> • Sagittal • Transverse • Frontal • Vertical 	<ul style="list-style-type: none"> • Progressive overload • Specificity • FITT principle • PAR-Q • Reversibility • Individual needs
Assessment	<ul style="list-style-type: none"> • GCSE Practical Performance assessment of skills in isolation and application of skill in competitive situations. • CAMNAT Sports Studies assessed in demonstrating skills in OAA and sport. • No assessment in Core PE 	<ul style="list-style-type: none"> • GCSE Practical Performance assessment of application of skills, strategies, and tactics in competitive situations. • CAMNAT Sports Studies assessed in planning sessions in Leadership. • No formal assessment in Core PE 	<ul style="list-style-type: none"> • CAMNAT Sports Studies assessed in planning, leading and evaluating a competition/ tournament and skills sessions. • No formal assessment in GCSE or Core PE. 	<ul style="list-style-type: none"> • GCSE PE Component 4- Assessed in analysing, planning, completing and evaluating personal exercise programme (PEP). • No formal assessment in CAMNAT Sport Studies and Core PE
Diversity	<p>Students study</p> <ul style="list-style-type: none"> • The positive relationship between media and sport in CAMNAT Sport Studies (The role of media removing barriers to participation and creating role models) • The muscle fibre types of different ethnicities (GCSE Paper 1) 			

