



# St Peter's Catholic High School Physical Education



## Year 10 OCR GCSE - Curriculum Map

### Exam Feedback

You will receive a personalised learning checklist, from your Year 10 GCSE PE exam.

### Year 10 Exams

You will complete your Year 10 GCSE PE exam on all the topics covered this year on paper 1

### Revision

You will revise for your Year 9 exams, spending time on recall of information from the topics covered and applying

AEP: Task 6

Progress Test

### Types of Training

You will learn about the different Types of Training and apply your knowledge to design a training programme to improve different components of fitness.

### Principles of Training

You will learn about the Principles of Training (SPOR and FITT), their definitions and be able to apply them to a personal exercise/training programme.

### Warm up and Cool down

You will learn about the components of a warm up and cool down, applying practical examples to both. You will also understand the benefits of a warm up and cool down on physical activity whilst designing your own for a chosen sport.

### Prevention of Injury

You will learn how the risk of injury in physical activity can be minimised and be able to apply practical examples. You will also identify the potential hazards in a range of physical activity and sports setting, applying examples.

### Effects of Exercise

You will learn to describe and explain the short term and long-term effects of exercise on the key body systems including, Muscular System, Cardiovascular System, Respiratory System

### AEP

Using the knowledge and understanding of the course so far, you will complete the Analysing and Evaluating Performance (AEP) task (J587/03). This involves analysing aspects of personal performance in a practical activity, evaluating the strengths and weaknesses of the performance and producing an action plan to improve the quality and effectiveness of the performance.

### Muscular System

You will learn to identify and locate the major muscles in the body and apply their use to sport. You will also learn about antagonistic muscle action to practical examples.

### Joints and Types of Movement

You will learn to identify the types of movement that take place at a hinge joint and ball and socket joint. You will also be able to explain the role of cartilage, ligaments, tendons, synovial membrane, and synovial fluid.

### Skeletal System

You will learn to identify and locate the major bones in the body and to understand and apply examples of the functions of the skeleton.

### Components of fitness

You will develop your knowledge of understanding of the components of the components of fitness, be able to define them and apply them to a range of practical examples from physical activities and sport. You will be able to collect and use data related to the components of fitness.

Flash cards

Summer Term

Spring Term

Autumn Term

### Respiratory System

You will learn about the pathway of air through the respiratory system, be able to explain the mechanics of breathing including gaseous exchange

AEP: Task 5

### Aerobic v Anaerobic

You will learn about aerobic and anaerobic exercise and be able to apply practical examples in relation to intensity and duration

Progress Test

### Cardiovascular System

You will learn about the double-circulatory system, the structure and function of the heart including the differences between arteries, capillaries and veins. You will also learn about the pathway of blood through the heart and the role of red blood cells.

AEP: Task 3

Progress Test

### Planes of Movement

You will learn the location of the frontal, transverse and sagittal planes of movement and their application to physical activity and sport.

### Lever Systems

You will learn about the three classes of lever and apply practical examples to each. You will also learn about mechanical advantage provided by levers.

### Axes of Rotation

You will learn the location of the frontal, transverse and longitudinal axes of rotation and their application to physical activity and sport.

AEP: Task 2

Progress Test

### Progress Tests

An opportunity to apply your knowledge to an exam completed in class.

AEP: Introduction and Task 1 & 4

Progress test

Your GCSE course starts here...

