



Year 10 GCSE PE course planner (2019-2020)

| Autumn 1 | Spring 1 | Summer 1 |
|--|---|--|
| <p>Unit 3 Physical Training What are 'Health' 'fitness' and 'exercise'?</p> <p>What are the components of fitness and what are the 4 steps to successful testing? CV Fitness, Reaction time, Strength, Speed Muscular endurance, Power, Flexibility Body composition, Agility, Balance, Coordination</p> <p><u>Introduction to PEP (controlled assessment coursework) and ongoing input</u></p> <p>How will I complete my PEP coursework?</p> <p>What are the expectations and how will this be assessed?</p> | <p>Unit 4 Health, Fitness and Wellbeing. What are 'Physical' 'Emotional' and 'Social' health? What are the positive and negative effects of fitness? How do lifestyle choices affect fitness? What are the consequences of a sedentary lifestyle? What are the components of a balanced diet? What are the factors that contribute to maintaining an 'optimum weight'?</p> <p>How do you maintain a 'healthy Weight'?</p> <p><u>Continued PEP input-Students present their PEP plans and some initial work for teacher guidance.</u></p> | <p>Unit 1 Applied anatomy and physiology <u>Continued PEP input</u> What are the roles of the respiratory system? How does 'Gaseous exchange' take place? How do the CV and respiratory systems work together? How does aerobic and anaerobic energy production take place? What are the short-term effects of exercise on the Cardiovascular system? What are the short-term effects of exercise on the Respiratory system? What are the short-term effects of exercise on the Vascular system? What are the short-term effects of exercise on the Muscular system?</p> |
| Autumn 2 | Spring 2 | Summer 2 |
| <p>What are the principles of training? Individual needs, specificity, Progressive overload (FITT) Overtraining, Reversibility</p> <p>What are the methods of training? CV Training, Power training, Strength and Muscular Endurance training, Circuit training, Fitness classes</p> <p>What are the long-term effects of exercise? What is a PARQ and what is its purpose? What different Injuries occur in sport and how can these be avoidance? Performance enhancing drugs are used in sport? What are the three stages of a warm up and cool down? <i>End of term test-grade input on SIMS. Feedback to students and parents.</i></p> | <p>Unit 1 Applied anatomy and physiology. What are the functions of skeletal system? What are the different bone classifications? What are the different Joint classifications? What are the different movements permitted at different joints? What are the roles of Voluntary muscles? How do antagonistic pairs work? What are the characteristics of fast and slow twitch muscle fibres and what sports are they suited to? What are the functions of the CV system? Explain the structure the heart; what route does blood take through the heart? What are the characteristics and the role of the vessels: arteries, capillaries and veins? What are the four components of blood?</p> | <p>Standardised exam practice questions using AO1, AO2, AO3 questions.</p> <p>Year 10 Mock exams to focus on learning from units 1,3,4 <u>Coursework completion (PEP)</u> (To be completed in theory and practical lessons)</p> <p>PEPS must be completed before the end of the summer term.</p> <p>GCSE practical trips: Sailing/Kayaking, climbing or biking to take place.</p> |