

**Key Stage 4  
GCSE PE – Y10**

**'Road Map'**



**Curriculum Intent – Studying GCSE PE will equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being.**



**Term 1**

**Term 2**

**Term 3**

**SEP - OCT**

**NOV - DEC**

**JAN - FEB**

**FEB - APR**

**APR - MAY**

**MAY - JUL**

**The structure and function of the skeleton system;** bones, functions, joints (hinge and ball and socket), movement patterns and the function and description of connective tissues (ligaments and tendons).

**The structure and function of the muscular system;** knowledge of key muscles, roles of muscles, antagonistic pairs and fixators.

**Movement analysis;** lever systems, planes of movement and axes of rotation. Application of these to sporting actions.

**The structure and function of the cardiovascular system;** pathway of blood through the heart, blood vessels, measurement of heart functions and the role of red blood cells.

**The structure and function of the respiratory system;** pathway of air through the lungs, respiratory muscles, gaseous exchange in the alveoli, measurement of respiratory functions.

**Aerobic and anaerobic exercise;** definitions of the two types of cell respiration, application to exercise.

**Health, fitness and well-being;** key definitions, consequences of a sedentary lifestyle and benefits of a healthy, active lifestyle, physical, emotional and social health and their application to different social groups and the interpretation of data.

**Diet and nutrition;** definitions of a balanced diet, components of a diet including carbohydrates, fats, proteins, minerals, vitamins, fibre and water. The effect of diet on energy use including energy balance and the application of sporting examples.

**Components of fitness;** key definitions, practical applications and testing of the components of fitness including; cardiovascular endurance, muscular endurance, speed, strength, power, flexibility, agility, reaction time, co-ordination and balance.

**Principles of training;** definitions and application of the principles of training including; specificity progression, overload and reversibility. Practical application of these to a Personal Exercise Programme (PEP).

**Optimising Training;** the application of the FITT (Frequency, Intensity, Time and Type) principle in relation to training and the application of these to a Personal Exercise Programme (PEP).

**Methods of Training;** key definitions and application of different types of training including; continuous, weight, plyometrics, interval, fartlek, HIIT and circuit training.

**Injury Prevention;** potential hazards, risk assessment, personal protective equipment and minimising risks.

**Physical activity and sport in the UK;** current participation trends; Sport England, NGB's and DCMS.

**Participation in sport and activity;** Factors affecting participation, strategies to overcome these issues.

**Ethics and deviance in sport;** sportsmanship, gamesmanship and violence in sport.

**Drugs in sport;** the effect of drugs on performance including; anabolic steroids, stimulants and beta blockers.

**Assessments**

**Homeworks 1 - 4**

(The Skeleton, Movement Analysis (2&3) and Levers, Planes and Axes)

**Homeworks 5 & 6**

(Circulatory Report (Extended Task) & Cardiovascular/Respiratory Systems)

**Key Assessment 1 - Body Systems (9<sup>th</sup> Dec)**

**Homeworks 7 & 8**

(Health and Well-being Research & Nutritional Report)

**Homework 9**

(Fitness Testing Workbook - (Extended Task))

**Homeworks 10 & 11**

(Methods of Training workbook & 6 week training programme)

**Key Assessment 2 - Health, Fitness and Well-being (20<sup>th</sup> May)**

**Homeworks 12 -16**

(Social factors research task, NGB research task and etiquette essay)

**Key assessment 3 - End of Year Exam (8<sup>th</sup> July)**

**Enrichment Opportunities**

- Engage within videos and tasks on EverLearner
- Complete past paper questions and use markschemes which you can find on Brightspace
- Attend the drop-in session on Friday after school in PE1 to ask any questions you have
- Purchase a revision guide and use this to help with your studies

**Expectations**

To challenge yourself physically, socially and mentally to achieve your personal best. To ask questions, be inquisitive and reflect on your own and others' learning; to improve your own work as well as supporting your peers around you. To be organised, independent and responsible learners; completing your homework on-time and to a standard that you are proud of. To be a confident and resilient learner who works effectively as part of a team and contributes to class discussions; offering different perspectives.

**Assessment**

The homework that you complete will be assessed and recorded on Brightspace using the 1-9 criteria. You will also be assessed in 3 Key Assessments within Year 10, timings of which can be found above. In lessons we will also be assessing your knowledge through question and answer, self, peer and teacher assessment.