

Sir Thomas Boughey 2018/19

GCSE PE

	7	7	6	5	6	7
Year 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content / topics	Physical, emotional & social health - Lifestyles - Impact of lifestyle choices - Sedentary lifestyle - Balanced diet & role of nutrients	Dietary manipulation for sport (carb-loading and hydration) - Optimum weight due to physical characteristics and variations according to role in physical activity - Topic summary	Skeletal system - functions applied to performance in physical activities and sports - Skeletal system – classification of bones and how function of bone type is relevant to performance in physical activities and sports - Skeletal system – structure of the skeletal system - Role of ligaments/tendons - Muscular system – classification and their roles when participating in physical activity and sport - Muscular system (voluntary) – location and role	Muscular system – antagonistic muscle pairs - Muscular system – fast and slow twitch muscle fibres and how fibre type impacts on their use in physical activities - Topic summary	Cardiovascular system – function applied to performance in physical activities- Structure of the cardiovascular system applied to performance in physical activities - Cardiovascular system – arteries, capillaries and veins - Cardiovascular system – vascular shunting - Cardiovascular system – function and importance of components of blood for physical activity and sport	Respiratory system – composition of air - Lung volumes and change in tidal volume due to physical activity and sport- Respiratory system – location of main components and the role in movement of oxygen and carbon dioxide into and out of the body - Respiratory system – structure and function of alveoli - Topic summary - Energy sources - Aerobic and anaerobic exercise

Skills	<ul style="list-style-type: none"> -Define Physical, emotional & social as well as being able to demonstrate their links to sport and health - Analyse lifestyles and recognise sedentary lifestyles and how they differ from active lifestyles. - Give examples of the 7 food types and justify their importance to the human body 	<ul style="list-style-type: none"> - Evaluate the correct energy balance to maintain a healthy weight - Justify the importance of hydration for physical activity and sport - Determine the factors affecting optimum weight: sex, height, bone structure and muscle girth -Distinguish the variation in optimum weight according to roles in specific physical activities and sports 	<ul style="list-style-type: none"> - Explanation of function applied to physical activity. - Categorise Long, short, flat, irregular bones - Recognise and identify all the needed and the correct bones for the movement required. - Muscle classification and their roles 	<ul style="list-style-type: none"> - Definitions of terms (agonist and antagonist) - Categorise type I, type IIa and type IIx 	<ul style="list-style-type: none"> - Recognise and identify all the sections to the heart and the direction of blood flow - Compare arteries, capillaries and veins - Predict the redistribution of blood flow 	<ul style="list-style-type: none"> - Differentiate red and white blood cells, platelets and plasma - Justify the structure of alveoli - Determine the composition of inhaled and exhaled air and the difference between the two at rest and when exercising
Assessments / PPEs		Topic test - Component 2, Topics 1.1 and 1.2 to reinforce learning.	Muscle and bone name tests	Topic Test - Component 1, Topic 1.1 to reinforce learning.	Topic test - Component 1, Topic 1.2 to reinforce learning.	End of year test - Component 1, Topic 1.3 and 1.4 to reinforce learning.
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Year 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

<p>Content / topics</p>	<p>Lever systems and their use in physical activity and sport - Mechanical advantage in sport and physical activity - Movement possibilities at joints dependent on joint classification - Examples of physical activity and sporting skills and techniques that utilise these movements in different sporting contexts.</p>	<p>Classification of joints and their impact on the range of possible movements - Planes and axes - generalised movement patterns - Topic summary . - Goal setting - SMART targets and the value of each principle in improving and/or optimising performance</p>	<p>Classification of skills using continua - Forms of practice - theory and practical application - Forms of practice - theory and practical application - Types of guidance - theory and practical application - Types of guidance - practical application</p>	<p>Mental preparation for performance - Types of feedback - Sports psychology, practicing use of data - Topic summary - Using a PEP to develop personal health/introduction to PEP. Fitness, health exercise and performance. - PARQ's - Warm ups and cool downs</p>	<p>- Components of fitness and the relative importance of these components in physical activity and sport: - Fitness tests – theory and practice - Principles of training - Applying the principles to a PEP</p>	<p>- Methods of training for specific components of fitness, physical activity and sport - Applying the methods of training to a PEP - Principles of training - Select methods of training for specific components of fitness, physical activity and sport</p>
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Skills	<ul style="list-style-type: none"> - Classify first, second and third class levers - Distinguish between Flexion, extension, adduction, abduction, rotation, circumduction, plantar-flexion, dorsi-flexion - Choose the correct point of loads, efforts and range of movement 	<ul style="list-style-type: none"> - Explain Pivot, hinge, ball and socket, condyloid joints - Demonstrate Sagittal plane about the frontal axis when performing front and back tucked or piked somersaults Frontal plane about the sagittal axis when performing cartwheels Transverse plane about the vertical axis when performing a full twist jump in trampolining - Construct targets using principles of SMART targets 	<ul style="list-style-type: none"> - Select Open-closed, basic (simple)-complex, and low organisation-high organisation continua - Explain the difference in massed, distributed, fixed and variable applications -Demonstrate visual, verbal, manual and mechanical Advantages and disadvantages of each type of guidance 	<ul style="list-style-type: none"> -Create a warm up and relate to mental rehearsal - Describe intrinsic, extrinsic, concurrent, terminal feedback - - Definitions of fitness, health, exercise and performance and the relationship between them Links between this topic and the PEP 	<ul style="list-style-type: none"> - Apply cardiovascular fitness, strength, muscular endurance, flexibility, body composition, agility, balance, coordination, power, reaction time, and speed - Justify the value of fitness testing, the purpose of specific fitness tests - Collection and interpretation of data from fitness test results - Evaluate individual needs, specificity, progressive overload, FITT , overtraining, reversibility, thresholds of training (aerobic target zone: 60–80% and anaerobic target zone: 80%–90% calculated using Karvonen formula) 	<ul style="list-style-type: none"> - Evaluate and conclude continuous, Fartlek, circuit, interval, plyometrics, weight/resistance. Fitness classes for specific components of fitness, physical activity and sport (body pump, aerobics, Pilates, yoga, spinning). The advantages and disadvantages of different training methods
Assessments / PPEs	<ul style="list-style-type: none"> - Movement definitions and linking to sports Movement test 	<ul style="list-style-type: none"> Topic test - Component 1, Topic 2.1, Topic 1.1.4, Topic 1.1.5, Topic 2.2 		<ul style="list-style-type: none"> Topic test - Component 2, Topic 2.1 to Topic 2.4. 	<ul style="list-style-type: none"> - Components of fitness definitions and fitness tests test 	<ul style="list-style-type: none"> -End of year test -Student PEP Coursework
Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

<p>Content / topics</p>	<p>Long term training effects on the musculo-skeletal system - Long term training effects on the cardio-respiratory system - Identification of injury, treatment and common sports injuries - Injury prevention in sport and physical activity</p>	<p>Performance enhancing drugs, types and advantages and disadvantages - Topic summary . Factors impacting on participation in physical activity and the impact on participation rates considering the following personal factors: - Looking at data - Commercialisation and the media - Advantages and disadvantages of commercialisation</p>	<p>Sporting behaviours - Deviance in sport - Review Paper 1 content - Review Paper 2 content - Revision planning</p>	<p>Revision planning - Mock exam - Revision session - Mock exam - Revision session - Revision session</p>	<p>Revision planning - Mock exam - Revision session - Mock exam - Revision session - Revision session</p>	
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Skills	<ul style="list-style-type: none"> - Evaluate musculo-skeletal system - Conclude sporting benefits to the muscular-skeletal system - Evaluate cardio-respiratory system - Conclude sporting benefits to the cardio-respiratory system - Recognise and define concussion, fractures, dislocation, sprain, torn cartilage and soft tissue injury (strain, tennis elbow, golfers elbow, abrasions) 	<ul style="list-style-type: none"> - Distinguish the difference and uses of performance-enhancing drugs (PEDs) and their positive and negative effects, anabolic steroids, beta blockers, diuretics, narcotic analgesics, peptide hormones (erythropoietin (EPO), growth hormones (GH)), stimulants, blood doping - Evaluate Gender, age, socio-economic group, ethnicity, disability 	<ul style="list-style-type: none"> - Define and create examples of sportsmanship, gamesmanship, and the reasons for, and consequences of, deviance at elite level - Review performance-enhancing drugs. Consider other types of deviancy in sport 	<p>Students block time to cover required content for exams, checking understanding of content assessed in each paper.</p> <ul style="list-style-type: none"> - Focus on areas of weakness identified from the mock 	<p>Students block time to cover required content for exams, checking understanding of content assessed in each paper.</p> <ul style="list-style-type: none"> - Focus on areas of weakness identified from the mock 	
Assessments / PPEs		<ul style="list-style-type: none"> Topic Test - Component 1, Topic 3.4.4, Topic 3.5. - Mock 1 	<ul style="list-style-type: none"> Practical moderation 	<ul style="list-style-type: none"> -Mock 2 	<ul style="list-style-type: none"> Summer exam is normally 15th ish of may 	