Year: 10 Subject: GCSE PE	**Curriculum Intent:** Students will develop a firm understanding of the foundation topics in GCSE PE. Many of these topics will re-appear and be built upon in Year 11. Therefore, Year 10 will be about topping up our student's silos and ensuring that core foundation knowledge is explicitly taught, understood and consistently revisited. Students will develop their understanding through many real-world sporting examples to allow them to build application skills and provide examples as an illustration. There will be a progression in skills as the content allows with students given the opportunity to engage in the more challenging extended writing questions as the content delivery and sequence allows.					
	Term 1 *Section 2.2 – Sports Psychology* *Section 1.1 – Applied Anatomy and Physiology*		**Term 2** *Section 1.1 – Applied Anatomy and Physiology* *Section 2.3 – Health, Fitness and Well-Being* *Paper 1 Revision* *Paper 2 Revision*		**Term 3** *Non-exam assessment (NEA) Preparation Activity Filming*	
Topic Titles (in order of delivery)	1. Characteristics of Skilful Movement 2. Classification of Skills 3. Goal Setting 4. Mental Preparation 5. Types of Guidance	1. Types of Feedback 2. Structure and Function of the Cardiovascular System 3. Structure and Function of the Respiratory System 4. Aerobic and Anaerobic Exercise	1. Short Term Effects of Exercise 2. Long term Effects of Exercise 3. Health, Fitness and Well-Being 4. Diet and Nutrition	1. Section 1.2 Revision 2. Section 1.1 Revision 3. Section 2.1 Revision 4. Section 2.2 Revision 5. Section 2.3 Revision	1. Evaluation of Fitness 2. Analysis of Components of Fitness 3. Overview of Skills 4. Evaluation of Skills 5. Athletics Filming	1. Movement Analysis 2. Action Plan 3. Tennis Filming 4. Cricket Filming
Key knowledge / Retrieval topics	1. Efficiency, Pre-determined, Co-ordinated, Fluent, Aesthetic 2. Simple to Complex, Open to Closed 3. SMART Targets 4. Imagery, Mental Rehearsal, Selective	1. Intrinsic, Extrinsic, Knowledge of Performance, Knowledge of Results, Positive, Negative 2. Arteries, Capillaries, Veins, Atria, Ventricles, Valves (bicuspid,	1. Muscle Temperature, Hear Rate, Stroke Volume, Cardiac Output, Redistribution of Blood Flow, Respiratory Rate, Tidal Volume, Minute Ventilation, Oxygen to	1. Components of Fitness, Principles of Training, Fitness Testing, Methods of Training, Prevention of Injury 2. Location of Major Bones, Functions of the	1. Cooper, multi stage fitness test, press up, sit up bleep test, 30M sprint, hand grip dynamometer, one rep max, standing jump, vertical jump, sit & reach,	1. Bones (cranium, vertebrae, ribs, sternum, clavicle, scapula, pelvis, humerus, ulna, radius, carpals, metacarpals, phalanges, femur, patella, tibia, fibula, tarsals,

	Attention, Positive Thinking 5. Visual, Verbal, Manual, Mechanical	tricuspid, semilunar), Aorta, Pulmonary Artery, Vena Cava, Pulmonary Vein, Heart Rate, Stroke Volume, Cardiac Output 3. Mouth, Nose, Trachea, Bronchi, Bronchiole, Alveoli, Diaphragm, Intercostals, Breathing Rate, Tidal Volume, Minute Ventilation, Gaseous Exchange 4. Aerobic exercise, anaerobic exercise	Working Muscles, Lactic Acid Production 2. Bone Density, Hypertrophy, Strength, Muscular Endurance, Fatigue, Heart Rate, Stroke Volume, Cardiac Output, Rate of Recovery, Aerobic Capacity, Tidal Volume, Minute Ventilation, Capillarisation 3. Physical (injury, coronary heart disease, bone density, obesity, type 2 diabetes, posture, fitness), Emotional (self-esteem, confidence, stress, image), Social (friendship, belonging to a group, loneliness) 4. Carbohydrates, Proteins, Fats, Minerals, Vitamins, Fibre, Water	Skeleton, Types and Components of Synovial Joint, Types of Movement, Location of Major Muscles, Role of Muscles, Lever Systems, Planes of Movement, Axes of Rotation, Structure and Function of the Cardiovascular System, Structure and Function of the Respiratory System, Aerobic and Anaerobic Exercise, Short Term Effects of Exercise, Long term Effects of Exercise 3. Physical Activity, Participation, Commer-cialisation, Ethics in Sport, Drugs and Violence 4. Characteristics of Skilful Movement, Classification of	illinios, stork stand, wall throw, ruler drop 2. Cardiovascular Endurance, Muscular Endurance, Speed, Strength, Power, Flexibility, Agility, Balance, Coordination, Reaction Time 3. As identified per sport in GCSE PE Specification 4. As identified per sport in GCSE PE Specification 5. Track events, field events	metatarsals), Muscles (deltoid, trapezius, latissimus dorsi, pectorals, biceps, triceps, abdominals, quadriceps, hamstrings, gluteals , gastrocnemius), Types of Movement (flexion, extension, rotation, abduction, adduction, circumduction), Role of Muscles (agonist, antagonist, fixator) 2. Principles of Training (SPORT, FITT), Detailed Drills, SMART Targets 3. Singles/Doubles 4. Batting, Bowling, Fielding

				Skills, Goal Setting, Mental Preparation, Types of Guidance, Types of Feedback 5. Health, Fitness and Well-Being, Diet and Nutrition		
Understanding / Sequence of delivery	1. Define and apply examples 2. Describe and give sporting examples 3. Describe and give sporting examples 4. Describe and give sporting examples 5. Describe, give advantages and disadvantages and give sporting examples	1. Describe and give sporting examples 2. Locate, define and describe 3. Locate, define and describe 4. Define and apply practical examples	1. Identify, apply to examples, collect and use data 2. Identify, apply to examples, collect and use data 3. Define, give benefits and consequences, apply to different age group, respond to data 4. Define, describe effects and give examples	AO1 – MCQ/SAQ AO2 – SAQ with practical examples AO3 – LAQ with analysis	1. Evaluate the strengths and weaknesses of own fitness levels 2. Justify the importance of each component of fitness in chosen sport 3. Give an accurate overview of all the key skills required for chosen sport 4. Give an accurate assessment of strength and weaknesses of the skills in chosen sport 5. Range of Skills, Quality of Skills, Physical Attributes,	1. Detailed and accurate breakdown of movement analysis and skill classification for chosen skill 2. Production of detail action plan for improvement of skill performance in chosen sport 3. Range of Skills, Quality of Skills, Physical Attributes, Decision Making 4. Range of Skills, Quality of Skills, Physical Attributes, Decision Making

					Decision Making	
Assessment	Theory • AO1 – MCQ/SAQ • AO2 – SAQ with practical examples • AO3 – LAQ with analysis	Theory • AO1 – MCQ/SAQ • AO2 – SAQ with practical examples • AO3 – LAQ with analysis	Theory • AO1 – MCQ/SAQ • AO2 – SAQ with practical examples • AO3 – LAQ with analysis	Theory • AO1 – MCQ/SAQ • AO2 – SAQ with practical examples • AO3 – LAQ with analysis	Theory • AO1 – MCQ/SAQ • AO2 – SAQ with practical examples AO3 – LAQ with analysis	Theory • AO1 – MCQ/SAQ • AO2 – SAQ with practical examples AO3 – LAQ with analysis
	Practical • Range of Skills • Quality of Skills • Physical Attributes • Decision Making	Practical • Range of Skills • Quality of Skills • Physical Attributes • Decision Making	Practical • Range of Skills • Quality of Skills • Physical Attributes • Decision Making	Practical • Range of Skills • Quality of Skills • Physical Attributes • Decision Making	Practical • Range of Skills • Quality of Skills • Physical Attributes • Decision Making	Practical • Range of Skills • Quality of Skills • Physical Attributes • Decision Making
					Coursework • Evaluation of Fitness • Analysis of Components of Fitness • Overview of Skills • Evaluation of Skills • Movement Analysis • Action Plan	Coursework • Evaluation of Fitness • Analysis of Components of Fitness • Overview of Skills • Evaluation of Skills • Movement Analysis • Action Plan