



# Curriculum Overview – Year 10 GCSE Physical Education

Unit Title	Learning	How can parents best support?
Half term 1 – Health and fitness & Muscular system (Recap)	<p>know what is meant by health, fitness and well-being</p> <p>understand the different health benefits of physical activity and consequences of a sedentary lifestyle:</p> <ul style="list-style-type: none"><li>• Physical</li><li>• Emotional</li><li>• Social</li></ul> <p>Be able to apply the above to different age groups</p> <p>Be able to respond to data about health, fitness and well-being,</p> <p>Know the name and location of the major muscle groups in the human body and be able to apply their use to examples from physical activity/sport.</p> <p>know the definitions and roles of the following and be able to apply them to examples from physical activity/sport:</p> <ul style="list-style-type: none"><li>• agonist</li><li>• antagonist</li><li>• fixator</li></ul>	<p>Ensure your child brings weather appropriate PE kit to each of their practical lessons.</p> <p>Encourage your child to attend a range of extra-curricular clubs to improve their practical performance.</p> <p>Encourage your child to read about activities they are unfamiliar with to enhance their knowledge and understanding.</p> <p>Follow our department twitter account for regular updates @TSA_pedept</p> <p>OCR website and support materials - <a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/</a></p> <p><a href="https://revisionworld.com/gcse-revision/pe-physical-education/ocr-gcse-physical-education-pe">https://revisionworld.com/gcse-revision/pe-physical-education/ocr-gcse-physical-education-pe</a></p>

<p>Half term 2 - Sports Psychology: Skill classification</p>	<p>Know the definition of motor skills.</p> <p>Understand and be able to apply examples of the characteristics of skilful movement.</p> <p>Know continua used in the classification of skills.</p> <p>Be able to apply practical examples of skills for each continuum along with justification of their placement on both continua.</p>	<p><a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p> <p><a href="https://www.bbc.co.uk/bitesize/examspecs/ztrcg82">https://www.bbc.co.uk/bitesize/examspecs/ztrcg82</a></p> <p><a href="https://www.brianmac.co.uk/">https://www.brianmac.co.uk/</a></p>
<p>Half term 3 &amp; 4 - Optimising training</p>	<p>Know the following definitions of principles of training and be able to apply them to personal exercise/training programmes.</p> <p>Know the definition of the elements of FITT (Frequency, Intensity, Time, Type)</p> <p>Apply these elements to personal exercise/training programmes.</p> <p>Know different types of training and key features of each type of training.</p> <p>Know how to minimise the risk of injury and prevention strategies.</p>	

<p>Half term 5– Movement analysis</p>	<p>Know the three classes of lever and their use in physical activity and sport:</p> <ul style="list-style-type: none"> <li>• 1st class – neck</li> <li>• 2nd class – ankle</li> <li>• 3rd class – elbow</li> </ul> <p>Know the definition of mechanical advantage.</p> <p>Know the location of the planes of movement in the body and their application to physical activity and sport.</p> <p>Know the location of the axes of rotation in the body and their application to physical activity and sport.</p>	
<p>Half term 6 – Ethical and socio cultural issues</p>	<p>Know and understand the value of sportsmanship and the reasons for gamesmanship and deviance in sport.</p> <p>Know and understand the reasons why sports performers use drugs.</p> <p>Know and understand the reasons for player violence.</p>	

<p>Half term 4 - Analysis and Evaluation of performance (AEP)</p>	<p>Analyse aspects of personal performance in a practical activity</p> <p>Evaluate the strengths and weaknesses of the performance</p> <p>Produce an action plan which aims to improve the quality and effectiveness of the performance.</p>	
<p>Half term 5 – The cardiovascular system</p>	<p>Know the double-circulatory system (systemic and pulmonary)</p> <p>Understand the pathway of blood through the heart:</p> <p>know the definitions of:</p> <ul style="list-style-type: none"> <li>• heart rate</li> <li>• stroke volume</li> <li>• cardiac output</li> </ul> <p>Know the role of red blood cells.</p>	

<p>Half term 6 - Preventing injuries in physical activity and training</p>	<p>understand how the risk of injury in physical activity and sport can be minimised and be able to apply examples</p> <p>know potential hazards in a range of physical activity and sport settings and be able to apply examples</p>	
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