

YEAR 10 CURRICULUM PLAN FOR GCSE PE



TOPIC	KEY LEARNING	ASSESSMENT
Topic title for half-term 1	Applied anatomy and physiology Pupils will be able to identify, explain and demonstrate knowledge of the following topics of the AQA GCSE PE specification: <ul style="list-style-type: none"> • Bones • Structure of the skeleton • Functions of the skeleton • Muscles of the body • Structure of a synovial joint • Types of freely movable joints that allow different movements • How joints differ in design to allow certain types of movement at a joint • Antagonistic muscle pairs 	Pupils will be assessed through the following methods: <ul style="list-style-type: none"> • Formative • Summative • Seneca tasks • GCSE Pod tasks • Quizziz tasks All work will be set through Firefly
Topic title for half-term 2	Applied anatomy and physiology Pupils will be able to identify, explain and demonstrate knowledge of the following topics of the AQA GCSE PE specification: <ul style="list-style-type: none"> • Pathway of air • Gaseous exchange • Blood vessels • Structure of the heart - pathway of blood • Cardiac output and stroke volume • Mechanics of breathing - interpretation of a spirometry trace • Anaerobic and aerobic exercise • EPOC - the recovery process from vigorous exercise • Effects of exercise - immediate, short-term & long-term 	Pupils will be assessed through the following methods: <ul style="list-style-type: none"> • Formative • Summative • Seneca tasks • GCSE Pod tasks • Quizziz tasks All work will be set through Firefly
Topic title for half-term 3	Movement analysis Pupils will be able to identify, explain and demonstrate knowledge of the following topics of the AQA GCSE PE specification: <ul style="list-style-type: none"> • Levers • Analysis of basic movements in sporting examples • Mechanical advantage • Planes and axes 	Pupils will be assessed through the following methods: <ul style="list-style-type: none"> • Formative • Summative • Seneca tasks • GCSE Pod tasks • Quizziz tasks All work will be set through Firefly

Topic title for half-term 4	Physical training Pupils will be able to identify, explain and demonstrate knowledge of the following topics of the AQA GCSE PE specification: <ul style="list-style-type: none"> • The components of fitness • Linking sports and physical activity to the required components of fitness • Benefits for sport and how fitness is measured and improved • Reasons for and limitations of fitness testing • Measuring the components of fitness (practical) • Analysis task - strength 1 • Analysis task - weakness 1 • The principles of training 	Pupils will be assessed through the following methods: <ul style="list-style-type: none"> • Formative • Summative • Seneca tasks • GCSE Pod tasks • Quizziz tasks All work will be set through Firefly
Topic title for half-term 5	Physical training Pupils will be able to identify, explain and demonstrate knowledge of the following topics of the AQA GCSE PE specification: <ul style="list-style-type: none"> • The application of the principles of training • Types of training • Types of training 2 	Pupils will be assessed through the following methods: <ul style="list-style-type: none"> • Formative • Summative • Seneca tasks • GCSE Pod tasks • Quizziz tasks All work will be set through Firefly
Topic title for half-term 6	Physical training & part 1 of the analysis task Pupils will be able to identify, explain and demonstrate knowledge of the following topics of the AQA GCSE PE specification: <ul style="list-style-type: none"> • Advantages and disadvantages of different training types • Calculating intensities • Considerations to prevent injury • High altitude training as a form of aerobic training • Seasonal aspects • Warming up and cooling down 	Pupils will be assessed through the following methods: <ul style="list-style-type: none"> • Formative • Summative • Seneca tasks • GCSE Pod tasks • Quizziz tasks All work will be set through Firefly