**Year 10 GCSE PE**

|  | **Topic** | **Key concept – what do I want the students to learn from this unit?** | **What knowledge will they acquire?** |
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|  **YEAR 10 OVERVIEW** |
| **Y10 - half term 1** | Applied Anatomy and Physiology | Movement AnalysisIn this topic students will develop knowledge and understanding of the basic principles ofmovement and their effect on performance in physical activity and sport through thefollowing content.Lever systems, examples of their use in activity and theMechanical advantage they provide in movementPlanes and axes of movement | First, second and third class lever.Lever Systems. Body planes and axes.Movement patterns - body planes and axes.Definitions of fitness, health, exercise and performanceComponents of Fitness |
| **Y10 – half term 2** | Applied Anatomy and Physiology | Physical TrainingThe components of fitness, benefits for sport and howfitness is measured and improvedThe principles of training and their application topersonal exercise/ training programmes | Fitness Tests + Interpretation of Data Planning training using the principles of training.Training methods and training intensities + Training methods and components of fitnessTraining methods and components of fitnessLong-term effects of aerobic and anaerobic training |
| **Y10 – half term 3** | Applied Anatomy and Physiology | Physical TrainingHow to optimise training and prevent injury | Long-term training effects and benefits +Long-term training effects and benefits: intercostal musclesLong-term training effects and benefitsThe use of a PARQ to assess personal readiness for training + Injury prevention Injuries can occur in physical activity and sportPerformance-enhancing drugs (PEDs) x2The purpose and importance of warm-ups and cool downs |
| **Y10 – half term 4** | Applied Anatomy and Physiology | Physical Training | Personal Exercise Plan coursework |
| **Y10 – half term 5** | Health and Performance | Physical,emotional andsocial health,fitness andwell-being | Personal Exercise PlanCourseworkPhysical health, Emotional health, Social healthLifestyle choices A sedentary lifestyle and its consequences:The nutritional requirements and ratio of nutrients for a balanced diet + The role and importance of micronutrients. |
| **Y10 – half term 6** | Health and Performance | Health, Fitness and WellbeingThe consequences of a sedentary lifestyleEnergy use, diet, nutrition and hydration | The factors affecting optimum weight:The correct energy balance to maintain a healthy weight and Hydration |