**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 Analysis  In this topic students will develop knowledge and understanding of the basic principles of  movement and their effect on performance in physical activity and sport through the  following content.  Lever systems, examples of their use in activity and the  Mechanical advantage they provide in movement  Planes 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 performance  Components of Fitness |
| **Y10 – half term 2** | Applied Anatomy and Physiology | Physical Training  The components of fitness, benefits for sport and how  fitness is measured and improved  The principles of training and their application to  personal 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 fitness  Training methods and components of fitness  Long-term effects of aerobic and anaerobic training |
| **Y10 – half term 3** | Applied Anatomy and Physiology | Physical Training  How to optimise training and prevent injury | Long-term training effects and benefits +  Long-term training effects and benefits: intercostal muscles  Long-term training effects and benefits  The use of a PARQ to assess personal readiness for training + Injury prevention  Injuries can occur in physical activity and sport  Performance-enhancing drugs (PEDs) x2  The 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 and  social health,  fitness and  well-being | Personal Exercise Plan  Coursework  Physical health, Emotional health, Social health  Lifestyle 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 Wellbeing  The consequences of a sedentary lifestyle  Energy use, diet, nutrition and hydration | The factors affecting optimum weight:  The correct energy balance to maintain a healthy weight and Hydration |