



Year 10 PE Curriculum Summary



When?	Understanding	Knowledge	Assessment
<p>Autumn Half Term 1 & 2</p>	<p>Practical lessons will take place throughout the term alongside theory lessons. This term students will be studying Physical Training.</p>		
	<p>Understand which components of fitness are most important to different sports performers and why, providing examples. Understand why fitness tests are useful for sports performers and what their limitations are.</p>	<p>Physical Training. Know the components of fitness, fitness tests used to measure fitness.</p>	<p>Short module tests Self assessment of homework Peer assessment of homework Marking of other resources and discussions Assessment points which build a range of topics taught to date in</p>
	<p>Understand which types of training are most suited to improving different components of fitness and then explain which athletes would use them and why. Understand the importance of the principles of training in making progress when training and being able to apply this to different athletes.</p>	<p>Physical Training – Know the types of training used improve fitness and principles of training used to ensure progress is made.</p>	<p>Short module tests Self assessment of homework Peer assessment of homework Marking of other resources and discussions Assessment points which build a range of topics taught to date in</p>



When?	Understanding	Knowledge	Assessment
<p>Spring term 1 & 2</p>	<p>Practical lessons will take place throughout the term alongside theory lessons. This term students will be studying Applied Anatomy and Physiology and the links between aerobic and anaerobic exercise. They will also learn about movement analysis.</p>		
	<p>Understand how the structure and function of the musculoskeletal system helps us to be active, providing sporting examples. Understand how the skeletal system and muscular system work together to produce movement and help us be active. Understand how the structure and function of the cardio respiratory system helps us to be active. Understand the processes of gaseous exchange, the pathway of airflow and the cardiac cycle. Be able to interpret what a spirometer trace illustrates. Understand the mechanics of breathing and how they change during exercise.</p>	<p>Know the structure and function of the musculoskeletal system and all key words associated with it. Structure and function of the cardio respiratory system and all keywords associated with it.</p>	<p>Short module tests Self assessment of homework Peer assessment of homework Marking of other resources and discussions Assessment points which build a range of topics taught to date in</p>
	<p>Understand what makes sports aerobic, anaerobic or a mixture of both. Understand that EPOC takes place after anaerobic exercise to repay oxygen debt Understand why it is important to take considerations to prevent injury. Understand how varying training intensities for different seasons can maximise performance in sport.</p>	<p>Know the definitions of aerobic and anaerobic respiration (exercise) Know what EPOC stands for Know the different ways we can prevent injury. Know the short and long term effects of exercise Know the different seasons for training</p>	<p>Short module tests Self assessment of homework Peer assessment of homework Marking of other resources and Assessment points which build a range of topics taught to date in</p>



When?	Understanding	Knowledge	Assessment
<p>Summer term 1 & 2</p>	<p>Practical lessons will take place throughout the term alongside theory lessons. This term students will be studying Sports Psychology and beginning their NEA coursework.</p>		
	<p>Understand that skills can be categorised along a continuum and rarely at extreme ends of the continuum.</p> <p>Understand how practice can influence our decision making through the information processing model to help improve performance, for example recognising relevant cues at the input stage.</p> <p>Understand the inverted U theory and how over arousal leads to decline in performance.</p> <p>Understand how different techniques can help to control arousal.</p> <p>Understand how indirect and direct aggression are beneficial in different ways in sport.</p> <p>Understand how personalities are different in sport and how personality may lead to certain sports as well as how different motivation works for different performers</p>	<p>Know what is meant by skill classification and skill continuums.</p> <p>Know what the basic information processing model looks like and how to label it.</p> <p>Know what is meant by arousal and different mental techniques to control it.</p> <p>Know the different types of aggression, personality and motivation.</p>	<p>Short module tests</p> <p>Self assessment of homework</p> <p>Peer assessment of homework</p> <p>Marking of other resources and discussions</p> <p>Assessment points which build a range of topics taught to date in</p>



When?	Understanding	Knowledge	Assessment
	<p>Understand which type of feedback is most suitable for sports performers at different stages.</p> <p>Understand how performance goals and outcome goals can benefit performers at different levels, eg beginner – elite.</p> <p>Understand the importance of setting SMART targets in order to ensure training is specific and to track progress.</p> <p>Understand how to give a written analysis and evaluation of their performance in sport.</p>	<p>Know about different types of feedback; verbal, visual, manual and mechanical.</p> <p>Know what goal setting is with reference to performance goals, outcome goals and SMART targets.</p> <p>NEA Coursework – Know what is involved in the analysis and evaluation of their own performance in sport.</p>	<p>Short module tests</p> <p>Self assessment of homework</p> <p>Peer assessment of homework</p> <p>Marking of other resources and discussions</p> <p>Assessment points which build a range of topics taught to date in</p> <p>.</p>