

# Year 10 GCSE PE



## Autumn 1

The components of fitness, fitness testing methods and types of training used to improve fitness



## Autumn 2

Physical Training: Know, apply, analyse and evaluate exercise intensities, alternative training methods, injury prevention and seasons for sport.



## Spring 1

Applied Anatomy and Physiology: Musculoskeletal system, Cardio-respiratory system



## Spring 2

Aerobic and Anaerobic exercise, immediate, short and long term effects of exercise. Recovery from exercise. Movement Analysis – Levers, Planes and Axes and Mechanical advantage



## Summer 1

Sport Psychology: Classification of skills, basic information Processing, Mental preparation for performance, aggression, personality types and motivation



## Summer 2

Students will begin their NEA. Non Examined Assessment also known as coursework. Analysis and evaluation of their performance in a chosen sport.



Throughout the course students are given knowledge and taught how to apply to sport and sports performance as well as being guided in how to effectively discuss, analyse and evaluate for more challenging questions.

