



Year 10 Physical Education

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 Analysis and Evaluation of their performance in a chosen sport, identifying fitness strengths and weaknesses as well as skill strengths and weaknesses. They will then evaluate and justify ways to improve.



Throughout the course students are given knowledge and taught how to apply this to sport and sports performance as well as being guided in how to effectively discuss, analyse and evaluate their ideas. Students will also take part in practical lessons to develop their performance in those areas.

