



## Year 10 PE Curriculum Plan

	Key concept/ Key question	Overview of the unit	Assessment	Cross Curricular Skills	Suggested reading material and websites:
<b>Term 1</b>					
Autumn 1	<b>Paper 1</b> Movement Analysis	Students will learn: The 2 different types of Lever Systems with sporting examples Analysing different types of basic movements in sporting examples Students will learn to identify the planes of movement and axes of rotation whilst performing sporting actions	Students will be assessed by the following three areas for paper 1: AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.	<b>Literacy:</b> Learning and identifying key terminology. Written skills when answering long mark questions. Being able to link in sporting examples to all answers	AQA – Physical Education (third edition)  <a href="http://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/teaching-resources">http://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/teaching-resources</a>
Autumn 2	Physical Training	Students will learn: The relationship between health and fitness The definitions of the components of fitness and linking these to sports and physical activity. Students will learn how to measure each fitness test and demonstrate how to collect and interpret the data gathered.	AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3: Analyse and evaluate the factors that underpin performance and	<b>Numeracy:</b> Use of data. Being able to Demonstrate an understanding of how data are collected – both qualitative and Quantitative. By presenting and interpreting data through the following methods: Bar charts, tables, line graphs and pie charts.	<a href="https://www.bbc.com/education/subjects/znyb4wx">https://www.bbc.com/education/subjects/znyb4wx</a>



	Practical	<p>Students will learn and apply the principles of training</p> <p>Students will develop their skills learnt previously in Netball and Trampolining. Dividing the sports into 2 parts (skills and context)</p>	<p>involvement in physical activity and sport.</p> <p>At the end of each topic students will sit an end of topic test</p> <p>AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance. Students will be assessed at the end of each sport. Being graded out of a maximum of 25 marks.</p>		
<p><b>Term 2</b></p> <p>Spring 1</p>	<p><b>Paper 2</b></p> <p>Socio-cultural influences</p>	<p>Students will learn:</p> <p>The different social groups and factors affecting engagement in participation</p> <p>The commercialisation of physical activity and sport</p> <p>The impact of technology on physical activity and sport</p> <p>Ethical conduct by performers</p> <p>Spectator behaviour and strategies employed to combat hooliganism</p>	<p>Students will be assessed by the following three areas for paper 1:</p> <p>AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2: Apply knowledge and understanding of the factors that underpin</p>	<p><b>Literacy:</b></p> <p>Learning and identifying key terminology. Written skills when answering long mark questions. Being able to link in sporting examples and justifying the reasons behind these. Verbal communication when discussing answer, analysing and discussing a variety of topics.</p> <p><b>Numeracy:</b></p>	



Spring 2	Sports Psychology	<p>Students will learn:          The definitions for skill and ability and types of goals          The use of goal setting and SMART targets to improve and/or optimise performance.          To Identify examples of, and evaluate, the effectiveness of the use of types of guidance, with reference to beginners and elite level performers          Mental preparation for performance covering arousal and aggression          Different personality types          Evaluating the merits of intrinsic and extrinsic motivation in sport.</p>	<p>performance and involvement in physical activity and sport.          AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>At the end of each topic students will sit an end of topic test</p>	<p>Use of data. Being able to Demonstrate an understanding of how data are collected – both qualitative and Quantitative. By presenting and interpreting data through the following methods: Bar charts, tables, line graphs and pie charts.</p>	
	Practical	<p>Students will develop their skills learnt previously in Badminton and Handball. Dividing the sports into 2 parts (skills and context)</p>	<p>AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance. Students will be assessed at the end of each sport. Being graded out of a maximum of 25 marks.</p>		



Term 3					
Summer 1	<b>Paper 2</b> Health, fitness and well-being	<p>Students will learn:</p> <p>What physical, emotional and social health and well-being are and how exercise can suit the varying needs of different people</p> <p>The consequences of a sedentary lifestyle.</p> <p>Definitions of the 3 body types (Somatotypes)</p> <p>Energy Use, balanced diet, nutrition and the reasons for maintaining water balance</p>	<p>Students will be assessed by the following three areas for paper 1:</p> <p>AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>At the end of each topic students will sit an end of topic test</p>	<p><b>Literacy:</b> Learning and identifying key terminology. Written skills when answering long mark questions. Being able to link in sporting examples and justifying the reasons behind these. Verbal communication when discussing answer, analysing and discussing a variety of topics.</p> <p><b>Numeracy:</b> Use of data. Being able to Demonstrate an understanding of how data are collected – both qualitative and Quantitative. By presenting and interpreting data through the following methods: Bar charts, tables, line graphs and pie charts.</p>	
Summer 2	<b>Paper 1</b> Physical Training	<p>Recap of Autumn 2 topics</p> <p>Then moving onto:</p> <p>The different types of training and advantages and disadvantages of these</p> <p>How to optimise training and preventing injury</p> <p>Effective use of warming up and calling down</p>	<p>AO4: Demonstrate and apply relevant skills and techniques in physical</p>	<p><b>ICT:</b> Students will use ICT to plan and design their coursework.</p>	
	Non exam assessment	Practical performance in physical activity and sport			



	<p>Practical</p>	<p>Students will be required to write a piece of coursework about one of their sports – evaluating and analysing their performance and areas for development.</p> <p>Students will develop their skills learnt previously in athletics. Dividing the sports into 2 parts (skills and context)</p>	<p>activity and sport. Analyse and evaluate performance. Students will be assessed at the end of each sport. Being graded out of a maximum of 25 marks.</p> <p>AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance. Students will be assessed at the end of each sport. Being graded out of a maximum of 25 marks.</p>		
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