CURRICULUM MAP: GCSE PE YEAR 10



								EOY Assessment Point
							HT6: Component Four – Personal	HT1 – HT6
							Exercise Programme	Pupils are assessed at
						HT5: Component one- Physical Training	Overarching unit intent:	regular intervals using high frequency low risk
				HT4: Component one- Physical Training	Assessment Point: Summative or AFL	Overarching unit intent:	To evaluate how a 6 week training	tests to develop knowledge and demonstrate interleaving
			HT3: Component one- Movement Analysis	Overarching unit intent:	HT3 and HT4 (with elements of HT1	To understand the long-term effects of	programme has had a beneficial effect on sports performance.	of topics previously learnt.
	HT2: Component one - Anatomy and	Assessment Point: Summative or AFL	Overarching unit intent:	To understand the relationship between health and fitness.	Pupils are assessed at	exercise How to optimise training and prevent	Conduct fitness tests.	Key Disciplinary Knowledge
HT1: Component one – Anatomy and	physiology <u>Overarching unit</u> intent:	HT1 & HT2	To understand Lever Systems and their use	The Components of	regular intervals using high frequency low risk tests to develop	injury	Evaluate results.	AO1 Demonstrating knowledge
physiology	<u>intent.</u>	Pupils are assessed at	in physical activity and	fitness.	knowledge and	Effective use of warm	Select aim, gather	(define) and
Overarching unit	To understand the	regular intervals using	sport.	The principles of	demonstrate interleaving of topics	ups and cool downs	sporting data, choose method of training.	understanding of a topic
<u>intent:</u>	structure and functions of the cardio-	high frequency low risk tests to develop	Planes and axes of	training.	previously learnt.			<u>AO2</u>
To understand the	respiratory system.	knowledge and	movement.	Work booklet –	Var dissimilare	Work booklet – Physical Training	Apply principles of training.	Applying knowledge and
structure and functions of the musculo-skeletal	Anaerobic and aerobic	demonstrate interleaving of topics	Work booklet –	Physical Training	Key disciplinary knowledge	Physical Hailing		understanding of a topic
system.	exercise	previously learnt.	Movement Analysis			Specification 3.4.1 –	State SMART target.	<u>AO3</u>
Mark to all a	Chauttaura and laura	Mass disabelianes		Specification 3.1.1 – 3.3.3	AO1 Demonstrating	3.6.3	Undergo training	Analysing and Evaluating
Work booklet – Anatomy and	Short term and long term effects of exercise	<u>Key disciplinary</u> knowledge	Specification 2.1.1 – 2.2.4	3.3.3	knowledge (define) and	Tests to include topics	programme.	Interpret and analyse
physiology	Work booklet – Anatomy and	<u>A01</u>	Tests to include topics	Tests to include topics in HT1 and HT2.	understanding of a topic	in HT1, HT2, HT3 and HT4.	Retest component of fitness.	results. Apply SMART targets. Compare and
Specification 1.1.1 – 1.1.11	physiology	Demonstrating knowledge (define) and	in HT1 and HT2.		<u>AO2</u>	Pupils to sit component		interpret results.
11111	Specification 1.2.1 – 1.4.6	understanding of a topic			Applying knowledge and understanding of a	one examination. 1 hour 45 minutes. To	Evaluate results and impact on sporting performance and	Evaluate with justified recommendations
	21710	AO2 Applying knowledge			topic	include all work covered in Year 10.	recommend changes to aid future training.	<u>Key Concepts</u>
		and understanding of a topic			AO3 Analysing and Evaluating			Physical Training



AO3 Analysing and Evaluating	Movement Analysis Physical Training	Cross curricular links Maths, Science, CPSHCE, Food and
Key Concepts		Nutrition.
Anatomy and Physiology		