

CURRICULUM MAP:
GCSE PE
YEAR 10



ST JAMES'
CATHOLIC HIGH SCHOOL

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



		<p><u>AO3</u> Analysing and Evaluating</p> <p><u>Key Concepts</u></p> <p>Anatomy and Physiology</p> <p>Career paths are discussed in lessons. PE Teacher Sports Coach Physiotherapist Sport Psychologist Armed forces Personal Trainer Nutritionist</p>			<p><u>Key Concepts</u></p> <p>Movement Analysis Physical Training</p> <p>Career paths are discussed in lessons. PE Teacher Sports Coach Physiotherapist Sport Psychologist Armed forces Personal Trainer Nutritionist</p>			<p><u>Cross curricular links</u></p> <p>Maths, Science, CPSHCE, Food and Nutrition.</p> <p>Career paths are discussed in lessons. PE Teacher Sports Coach Physiotherapist Sport Psychologist Armed forces Personal Trainer Nutritionist</p>
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Catholic Social Teaching-

In PE we ensure we work towards the "Common Good" to enable every child to flourish, pupils are given this opportunity within the lesson and extra-curricular to achieve their true potential.
 Within PE pupils are taught the importance of their "Rights and Responsibilities" by following and upholding the rules of the various sporting activities.
 Within PE we encourage the "Stewardship of Creation" through the use of leadership, encouragement, tolerance of others within the game situations and in all aspects of the PE curriculum.