

Year 10 Physical Education & Sport



AQA Physical Education - in Year 10 the course has been designed to increase the knowledge, application and experience of key topics in physical education for all GCSE students. Students cover theoretical elements such as the relationship between health and fitness, the importance of nutrition, the structure and importance of the body systems, movement analysis and applying to sporting situations along with sports psychology. Students will be positively encouraged to spend time to develop and secure their practical performances and higher skill level after school.

Methods of deepening and securing knowledge:

Retrieval practice	Retrieval tasks are the most commonly used method to support long-term learning. Retrieval tasks such as interleaving are regularly used at the start of lessons to support students in recalling key information from knowledge organisers to include in their booklet task work.
Securing content	In every lesson students are encouraged to know specific terminology and theoretical information, apply this knowledge to a variety of sporting examples and situations and then analyse and evaluate their understanding of the theoretical elements. (A01/A02/A03 depth of knowledge).

	Autumn term 1	Autumn term 2	Spring term 1
Topic(s)	<p>Health, fitness, physical and mental/emotional and social health</p> <ul style="list-style-type: none"> • Linking participation in physical activity to exercise, sport to health and wellbeing. • The consequences of a sedentary lifestyle. • Obesity and how it may affect performance in physical activity and sport. • Somatotypes. <p>Nutrition</p> <ul style="list-style-type: none"> • Energy used. • Reasons for having a balanced diet and the role of nutrients. • The role of carbohydrates, fats, protein, vitamins and minerals. • Reasons for maintaining water balance (hydration) and further applications of the topic area. 	<p>The structure and functions of the musculoskeletal system</p> <ul style="list-style-type: none"> • Bones and the function of the skeleton. • Structure of the skeletal system/functions of the skeleton. • Muscles of the body. • Structure of the synovial joint. • Types of freely moveable joints that allow different movements. • How joints differ in design to allow certain types of movement. • How major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints. 	<p>The structure and functions of the cardio-respiratory system</p> <ul style="list-style-type: none"> • The pathway of air and gaseous exchange. • Blood vessels. • Structure of the heart and the cardiac cycle (pathway of blood). • Cardiac output and stroke volume (including the effects of exercise). • Mechanics of breathing and interpretation of a spirometer trace. <p>Anaerobic and aerobic exercise/the short and long term effects of exercise</p> <ul style="list-style-type: none"> • Aerobic and anaerobic exercise. • Recovery/EPOC. • Short and long term effects of exercise.
Assessment	Completion of knowledge organisers, booklets, tasks, end of topic tests, exam questions, practical performances.	Completion of knowledge organisers, booklets, tasks, end of topic tests, exam questions, practical performances.	Completion of knowledge organisers, booklets, tasks, end of topic tests, exam questions, practical performances.
CEIAG <i>(Careers that are linked to that topic)</i>	Nutritionist.	Physiotherapist. Fitness advisor.	Sports science. Sports coach.

	Spring term 2	Summer term 1	Summer term 2
Topic(s)	<p>Movement analysis</p> <ul style="list-style-type: none"> • First, second and third class levers. • Mechanical advantage. • Analysis of basic movements in sporting examples. • Planes and axes. 	<p>Sports psychology - socio-cultural influences and wellbeing in physical activity and sport</p> <ul style="list-style-type: none"> • Skill and ability, including classification of skill. • Goal setting - definition and types of goals. • The use and evaluation of setting performance and outcome goals, including the use of SMART targets to improve/optimize performance. <p>Information processing</p> <ul style="list-style-type: none"> • Basic information processing. • Guidance and feedback. 	<p>Use of data</p> <ul style="list-style-type: none"> • Demonstrate an understanding of how data is collected - both qualitative and quantitative. • Present data (including tables and graphs). • Analyse and evaluate data. <p>Revision of year 1 content Mock preparation</p>
Assessment	Completion of knowledge organisers, booklets, tasks, end of topic tests, exam questions, mock exams, practical performances.	Completion of knowledge organisers, booklets, tasks, end of topic tests, exam questions, practical performances.	Completion of knowledge organisers, booklets, tasks, end of topic tests, exam questions, practical performances, mock exam.
CEIAG <i>(Careers that are linked to that topic)</i>	Physiotherapists.		

Independent Study

Independent study is a core part of learning and supports students to develop and deepen their learning to produce their very best work. There are different types of independent study set in GCSE PE to help students complete and secure their knowledge, e.g. research tasks, mock questions, knowledge organisers and availability after school to improve practical marks.