

Year Group: 10	Subject: GCSE PE	Term: Autumn
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Topic	Key Learning points	Assessments
Movement Analysis	<p>Levers (1st, 2nd 3rd class) -Identification and drawing, linking to sporting example and mechanical advantage.</p> <p>Planes (frontal, transverse, sagittal) & Axis (longitudinal, transverse, sagittal) label, describe and link to sporting examples</p> <p>Movement Analysis- Types of movement (flexion/extension/abduction/adduction/plantar flexion/dorsiflexion/rotation/circumduction) at each of the following joints: shoulder, elbow, hip, knee and ankle</p>	<p>Students will be formatively assessed each half term during an in class test using past exam paper questions.</p> <ul style="list-style-type: none"> • Before each assessment students will complete a revision homework • After each assessment there will be an opportunity for students to review their understanding • Full analysis of the paper to review strengths and areas of weakness linked to topic areas or styles of questions. <p>All assessments will be marked by teachers and results recorded and used to stretch and challenge as appropriate.</p> <p>Assessment and grading of practical sports will also begin, likely to be sports including Badminton and Handball</p>
Sports Psychology	<p>Skill & Ability (Definitions of skill and ability. Classifications of skill)</p> <p>Goals (performance goals & outcome goals)</p> <p>SMART Targets (specific • measurable • accepted • realistic • time bound)</p> <p>Information processing (input, decision making, output and feedback)</p> <p>Feedback & Guidance - types of guidance</p> <p>Arousal (Inverted-U theory) & Stress management techniques</p> <p>Personality, Aggression & Motivation</p>	
Health, Fitness & well-being	<p>Health & Fitness -The relationship between health and fitness</p> <p>Physical, Mental Health & Wellbeing Physical health and wellbeing:</p> <p>Sedentary Lifestyle & Obesity</p> <p>Somatotypes (Endomorph, mesomorph & ectomorph)</p> <p>Nutrition (A balanced diet contains 55–60% carbohydrate, 25–30% fat, 15–20% protein)</p> <p>Energy Balance & Water</p>	
Revision and Recap	<p>Functions of skeleton & types of bone, Bone names & locations</p> <p>Joint Types, Structure of a joint & Movement Patterns</p> <p>Components of Fitness & Fitness Testing</p> <p>Muscle names and location</p> <p>Antagonistic Pairs & Types of Contraction</p> <p>Anaerobic & Aerobic exercise</p> <p>Pathway of air & breathing & Gas Exchange</p> <p>Heart & pathway of blood & Blood Vessels</p> <p>Respiratory & Cardiac Measures</p> <p>High Altitude training, Plyometric training, Aerobic training methods, Weight Training, Circuit training, Static stretching</p>	

