

Year 10 Curriculum Overview

PE

Autumn Term	Knowledge & Understanding			Literacy Skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]	Opportunities for developing literacy skills		
	UNIT 6: Health fitness and well being	<p>The meaning of health, fitness and well-being</p> <p>The consequences of a sedentary lifestyle</p> <p>Obesity</p> <p>Somatotypes</p> <p>Energy use</p> <p>Balanced diet and nutrients</p> <p>Carbs, fats and proteins</p> <p>Water balance</p>	DO IT NOW task linked to previously learned knowledge	<p>Use of KO and vocab lists in 'Do Now' tasks.</p> <p>Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results</p> <p>Use of task and technique cards, using keywords and vocabulary.</p> <p>Scorecards and analysis sheets</p>	<ul style="list-style-type: none"> • Service • Ambition • Compassion • Respect • Equality • Determination • Cooperation • Supporting others • Self improvement • Resilience • Self-reflection determination • Teamwork • Leadership • Respect • Adhering to rules • Coaching • Analysis • Giving feedback • Presenting/performing • Safety consciousness • Health consciousness • Decision making 	MCQ

	Applied Anatomy and Physiology	<p>Bones and the functions of the skeleton</p> <p>Structure/functions of the skeletal system</p> <p>Muscles of the body</p> <p>Structure of a synovial joint</p> <p>Types of freely moveable joints</p> <p>Joints and movement</p> <p>Antagonistic pairs</p>				
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Spring Term	Knowledge & Understanding			Literacy Skills Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]			

	<p>Movement Analysis</p> <p>Applied Anatomy and Physiology</p>	<p>First, second and third class levers</p> <p>Mechanical advantage</p> <p>Analysis of basic movements</p> <p>Planes and axes</p> <p>The pathway of air and gaseous exchange</p> <p>Blood vessels</p> <p>Structure of the heart</p> <p>Cardiac output and stroke volume</p> <p>Mechanics of breathing and the spirometer trace</p> <p>Aerobic/anaerobic exercise</p>			<ul style="list-style-type: none"> • Service • Ambition • Compassion • Respect • Equality • Determination • Cooperation • Supporting others • Self improvement • Resilience • Self-reflection determination • Teamwork • Leadership • Respect • Adhering to rules • Coaching • Analysis • Giving feedback • Presenting/performing • Safety consciousness • Health consciousness <p>Decision making</p>	<p>MCQ</p>
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		Recovery/EPOC The short and long term effects of exercise				
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Year 10 Curriculum Overview Subject						
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Summer Term	Knowledge & Understanding			Literacy Skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]	Opportunities for developing literacy skills		
	Sports Psychology	Skill and ability Definition and types of goals The use of SMART targets Basic information processing Revision of Year 1 content		Use of KO and vocab lists in 'Do Now' tasks. Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results Use of task and technique cards, using keywords and vocabulary. Scorecards and analysis sheets	<ul style="list-style-type: none"> • Service • Ambition • Compassion • Respect • Equality • Determination • Cooperation • Supporting others • Self improvement • Resilience • Self-reflection • Determination • Teamwork • Leadership • Respect • Adhering to rules • Coaching • Analysis • Giving feedback 	MCQ

		Mock exam			<ul style="list-style-type: none">• Presenting/performing• Safety consciousness• Health consciousness Decision making	
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