



Autumn Term (14 weeks)	Spring Term (12 weeks)	Summer Term (13 weeks)
<p>Themes covered: Component 1 Topic 1: Applied anatomy and physiology Key content: <u>Musculo-skeletal system</u></p> <ul style="list-style-type: none"> The functions of the skeleton, classification of bones, structure, classification of joints, movement possibilities at joints, the role of ligaments, classifications of muscle types, location of voluntary muscles, involuntary muscles, cardiac muscle, antagonistic pairs, characteristics of fast and slow twitch muscle fibres <p><u>Cardio-respiratory system</u></p> <ul style="list-style-type: none"> Structure of cardiovascular system, function, structure of blood, redistribution of blood, composition of inhaled and exhaled air, respiratory system, vital capacity, tidal volume, gaseous exchange, how cardiovascular and respiratory system work together. <p><u>Enrichment/life and work skills:</u></p> <ul style="list-style-type: none"> Group work/Collaboration / independent practice. Research skills, Public speaking, Empathy. Sports leaders opportunities with younger students. <p><u>Homework:</u></p> <ul style="list-style-type: none"> End of topic exam style questions Seneca tasks <p><u>Revisiting, revising, remembering opportunities</u></p> <ul style="list-style-type: none"> Assigned tasks on seneca In class Quizlet tasks Regular interleaving tasks during lessons Exam practice technique <p><u>Assessments:</u></p> <ul style="list-style-type: none"> Exam HMWK Questions End of topic Exam based topic 1 <p><u>Literacy Foci:</u></p> <ul style="list-style-type: none"> Topic specific Key Vocabulary and definitions Key exam command words AO1, AO2, AO3 extended writing questions <p><u>Extra-Curricular opportunities and Trips:</u></p> <ul style="list-style-type: none"> Extensive extra-curricular clubs Intervention club for GCSE PE Sports leaders & Sports captains <p><u>Component 3 – Practical performance</u> Students will take part in 4 weekly rotation of sports from specification. Theme of this term is individual sports.</p>	<p>Themes covered: Component 1 Topic 3: Physical training Key content: <u>Components of Fitness</u></p> <ul style="list-style-type: none"> Definitions of health and fitness. Components of fitness, fitness testing, collection and interpretation of data, how fitness can be improved. <p><u>Principles of training</u></p> <ul style="list-style-type: none"> FITT, training zones, factors to consider when exercising, long term effects and benefits of exercise. <p><u>Training and preventing injury</u></p> <ul style="list-style-type: none"> PARQ, warm ups, cool downs, RICE, injuries and injury prevention. Structure of cardiovascular system, function, structure of blood, redistribution of blood, composition of inhaled and exhaled air, respiratory system, vital capacity, tidal volume, gaseous exchange, how cardiovascular and respiratory system work together. <p><u>Homework:</u></p> <ul style="list-style-type: none"> End of topic exam style questions Seneca tasks <p><u>Revisiting, revising, remembering opportunities</u></p> <ul style="list-style-type: none"> Assigned tasks on seneca In class Quizizz tasks Regular interleaving tasks during lessons Exam practice questions <p><u>Assessments:</u></p> <ul style="list-style-type: none"> Exam HMWK Questions End of topic Exam based topic 3 <p><u>Literacy Foci:</u></p> <ul style="list-style-type: none"> Topic specific Key Vocabulary and definitions Key exam command words AO1, AO2, AO3 extended writing questions <p><u>Extra-Curricular opportunities and Trips:</u></p> <ul style="list-style-type: none"> Extensive extra-curricular clubs Intervention club for GCSE PE Sports leaders & Sports captains <p><u>Component 3 – Practical performance</u> Students will take part in 4 weekly rotation of sports from specification. Theme of this term is individual sports.</p>	<p>Themes covered: Component 4 – Personal exercise programme Planning of their PEP, conduction of analyse of performance, undertake fitness testing specific to sports activity, construct an appropriate aim and focus for PEP, select targets and methods and principles of training. Carrying out the PEP over 6-8 weeks, collect results and data which leads to evaluation of PEP. Revision for mock exams in summer 2.</p> <p><u>Enrichment/life and work skills:</u> Group work/Collaboration / Practical Work, Research skills, Public speaking, Empathy. <u>Homework:</u></p> <ul style="list-style-type: none"> Assigned tasks as per SOW End of topic exam style questions Seneca tasks <p><u>Revisiting, revising, remembering opportunities</u></p> <ul style="list-style-type: none"> Assigned tasks on seneca In class Quizizz tasks Regular interleaving tasks during lessons Exam practice questions Memory recall questions from topic 1 and 3. <p><u>Assessments:</u></p> <ul style="list-style-type: none"> Exam HMWK Questions End of topic Exam based topic 3 PPE end of year 10 Mocks. <p><u>Literacy Foci:</u></p> <ul style="list-style-type: none"> Working scientifically and topic specific Key Vocabulary Key exam command words 6 mark extended writing questions <p><u>Numeracy Foci:</u></p> <ul style="list-style-type: none"> Interpreting data from fitness testing <p><u>Extra-Curricular opportunities and Trips:</u></p> <ul style="list-style-type: none"> Extensive extra-curricular clubs Intervention club for GCSE PE Sports leaders & Sports captains <p><u>Component 3 – Practical performance</u> Students will take part in 4 weekly rotation of sports from specification. Theme of this term is team sports.</p>



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<p>Themes covered: Component 2 – Health and Performance</p> <p>Topic 1 – health, fitness and wellbeing</p> <p>Key Concepts: physical health , emotional health and social health, fitness and wellbeing, promoting personal health through personal exercise programme, lifestyles changes, positive and negative impacts of lifestyle choices, Sedentary lifestyles, trends in data, nutrition, macronutrients, micronutrients, factors effecting wright, energy balance, hydration. How data is collected.</p> <p>Topic 2 – sports psychology</p> <p>Key concept:</p> <p>Classifications of skill, practice structure, goal setting, principles of SMART, setting and reviewing targets, types of guidance, mental preparation, participation rates in physical activity, interpretation of data, commercialisation and the media, sponsors, different sports behaviour, gamesmanship, sportsmanship, analyse of data</p> <p>Enrichment/life and work skills:</p> <ul style="list-style-type: none"> Group work/Collaboration / independent practice. Research skills, Public speaking, Empathy. Sports leaders opportunities with younger students. <p>Homework:</p> <ul style="list-style-type: none"> End of topic exam style questions Seneca tasks <p>Revisiting, revising, remembering opportunities</p> <ul style="list-style-type: none"> Assigned tasks on seneca In class Quizlet tasks Regular interleaving tasks during lessons Exam practice technique <p>Assessments:</p> <ul style="list-style-type: none"> Exam HMWK Questions End of topic Exam based component 2. PPE mock exams <p>Literacy Fod:</p> <ul style="list-style-type: none"> Topic specific Key Vocabulary and definitions Key exam command words AO1, AO2, AO3 extended writing questions <p>Extra-Curricular opportunities and Trips:</p> <ul style="list-style-type: none"> Extensive extra-curricular clubs Intervention club for GCSE PE Sports leaders & Sports captains <p>Component 3 – Practical performance</p>	<p>Themes covered: component 2</p> <p>Topic 3 – Socio-cultural influences</p> <p>Key Concepts:</p> <p>Topic 2 – sports psychology</p> <p>Classifications of skill, practice structure, goal setting, principles of SMART, setting and reviewing targets, types of guidance, mental preparation, participation rates in physical activity, interpretation of data, commercialisation and the media, sponsors, different sports behaviour, gamesmanship, sportsmanship, analyse of data</p> <p>Component 3- practical performance</p> <p>Moderation of 3 sports. 1 team and 1 individual and one of choice.</p> <p>Enrichment/life and work skills:</p> <ul style="list-style-type: none"> Group work/Collaboration / independent practice. Research skills, Public speaking, Empathy. Sports leaders opportunities with younger students. <p>Homework:</p> <ul style="list-style-type: none"> End of topic exam style questions Seneca tasks <p>Revisiting, revising, remembering opportunities</p> <ul style="list-style-type: none"> Assigned tasks on seneca In class Quizlet tasks Regular interleaving tasks during lessons Exam practice technique <p>Assessments:</p> <ul style="list-style-type: none"> Exam HMWK Questions PPE mocks second round End of topic Exam based topic 1 <p>Literacy Fod:</p> <ul style="list-style-type: none"> Topic specific Key Vocabulary and definitions Key exam command words AO1, AO2, AO3 extended writing questions <p>Extra-Curricular opportunities and Trips:</p> <ul style="list-style-type: none"> Extensive extra-curricular clubs Intervention club for GCSE PE Sports leaders & Sports captains <p>Component 3 – Practical performance</p> <p>Students will take part in 4 weekly rotation of sports from specification. Theme of this</p>	<p>Theme covered:</p> <p>Recap all GCSE content.</p> <p>Enrichment/life and work skills:</p> <ul style="list-style-type: none"> Group work/Collaboration / independent practice. Research skills, Public speaking, Empathy. Sports leaders opportunities with younger students. <p>Homework:</p> <ul style="list-style-type: none"> End of topic exam style questions Seneca tasks <p>Revisiting, revising, remembering opportunities</p> <ul style="list-style-type: none"> Assigned tasks on seneca In class Quizlet tasks Regular interleaving tasks during lessons Exam practice technique <p>Assessments:</p> <ul style="list-style-type: none"> Exam HMWK Questions PPE mocks second round End of topic Exam based topic 1 <p>Literacy Fod:</p> <ul style="list-style-type: none"> Topic specific Key Vocabulary and definitions Key exam command words AO1, AO2, AO3 extended writing questions <p>Extra-Curricular opportunities and Trips:</p> <ul style="list-style-type: none"> Extensive extra-curricular clubs Intervention club for GCSE PE Sports leaders & Sports captains