
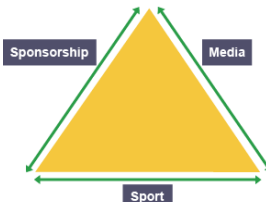


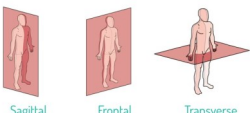




Year 10 Physical Education GCSE Curriculum



Term	Curriculum content
Michaelmas 1 	<u>Cardio- Respiratory System:</u> <ul style="list-style-type: none"> Understand the pathway of air into and out of the lungs. Understand gaseous exchange and the function/structure of the blood vessels. Learn the structure of the heart Understand the order of the cardiac cycle and the pathway of the blood through the heart. Understand the terms, cardiac output, stroke volume, heart rate and the relationships between them. Understand the mechanics of breathing as the interaction of the intercostal muscles, ribcage and diaphragm. Understand and interpret lung volumes through spirometer traces.
Michaelmas 2 	<u>Commercialisation of physical activity and sport:</u> <ul style="list-style-type: none"> Understand the idea of commercialization and the relationship between sport, sponsorship and the media. Understand the positive and negative impacts of sponsorship and the media. Understand the positive and negative impacts of technology. <u>Ethical issues:</u> <ul style="list-style-type: none"> Understand how the conduct of performers may vary. Understand the different prohibited substances and the methods that certain types of performers may use. Understand the positive and negative effects of spectators at events.
Lent 1 	<u>Sports Psychology:</u> <ul style="list-style-type: none"> Learn the classification of skills (basic to complex, open to closed, self-paced to externally-paced and gross to fine). Understand goal setting with relation to SMART target setting. Understand the basic model of information processing (input, decision making, output and feedback). Understand the different types of guidance (visual, verbal, manual, mechanical). Understand the different types of feedback (positive, negative, intrinsic, extrinsic, knowledge of results/performance).
Lent 2 	<u>Sports Psychology:</u> <ul style="list-style-type: none"> Learn about linking arousal to sports. With research into the inverted U theory of arousal. Learning about linking aggression to sports (direct and indirect). Understanding the difference between introvert and extrovert personalities linked to sports. Understanding different types of motivation (intrinsic and extrinsic). <u>Socio-cultural influences:</u> <ul style="list-style-type: none"> Understand the engagement patterns of different social groups. Understand the factors affecting participation.
Trinity 1 	<u>Movement Analysis:</u> <ul style="list-style-type: none"> Understand the different classes of levers found in the body. Understand the mechanical advantages of different lever systems. Understand how muscles contract and work to cause movements. <u>Movement Analysis:</u> <ul style="list-style-type: none"> Understand the planes and axes of different movements. Understand the types of movements that occur at different joints. Understand the names of the muscles causing movements at different joints.
Trinity 2	<u>NEA (Non-examined assessment):</u> <ul style="list-style-type: none"> Pupils will begin their coursework which is based off their strengths or weaknesses from their chosen sport.