



## Overview

Students are introduced to the theoretical aspects of the course that are divided into three components. **Component 1:** The human body and movement in physical activity and sport. **Component 2:** The socio-cultural influences and well-being in physical activity and sport and **Component 3:** Practical performance in physical activity and sport They are supported with how to answer examination questions using the concept of KAE Know, Apply, Explain Why: to plan Topic areas are retrieved and interlinked throughout the two-year course. Course topics are taught in varying orders depending on the needs of the group; therefore, the delivery of topics may change across the two years

# Year 10 GCSE Physical Education



## Term 3

**Health Fitness and Wellbeing** Students learn about how health, fitness and well-being are interlinked and the physical, social, and mental aspects for each, ensuring basic needs are met. Students revisit previous knowledge about nutrition and a balanced diet and the importance of hydration for every individual and the impact of excess calorie consumption can have. **Socio-cultural influences** What are the barriers to participating in sport? Does our socio-economic status have an impact? Why is this? What about friends and family, our gender or age and or religious beliefs? Students learn about the roles within society and sport. **Analysis and evaluation of own or another's performance.** Students use their previous knowledge gained to analyse and evaluate their own or another's performance in a sport of their own choice from the course specification; identifying their strengths and weaknesses regarding their component of fitness and skill which concludes with the students designing a training programme to aid improvement.

## Term 1

Applied anatomy and Physiology.

Students gain knowledge about the structure of the musculoskeletal system and its functions which work together to allow the body to move.

Movement Analysis

Students apply their anatomy knowledge and gain greater understanding of how specific movements relate to differing planes and axis

and lever systems. Students recreate working levers and synovial joints in different forms to reinforce knowledge.



## Term 2

**Applied anatomy and Physiology** The course now compliments and revisits the biology content taught in science allowing students to reinforce their understanding of both the cardiovascular and respiratory systems and their role in aerobic and anaerobic exercise. All this has an impact on performance and students explore the effects that this has.

**Physical Movement** Components of fitness, training principles and testing are introduced to allow students to address their own strengths and limitations and gain knowledge of their abilities in relation to each other and national norms. Students revisit how to prevent injury studied throughout KS3 core PE (Physical Education) in greater depth. Students advance their skills of interpreting data and drawing conclusions from this.