

Year 10 GCSE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Skeletal and Muscular systems	Respiratory and Cardiovascular system	Movement analysis. Components of fitness. Fitness testing.	Principles of training. Types of training. Calculating intensities of training. Netball	Consideration of prevention of injury. Seasonal Aspects. Use of data.	Sports Psychology
Assessment	Handball Written end of topic test Practical assessment	Badminton Written end of topic test Practical assessment	Football Written end of topic test Practical assessment	Netball Written end of topic test Practical assessment	Athletics Written end of topic test Practical assessment	Athletics End of year PPE Practical assessment

Building on Prior Learning	All practical activities taught are those activities that were taught at KS3. Sports mentioned above have been historically strong for our students, however, they are subject to change dependent on student needs. Key terminology that have been drip fed to pupils at KS3 are used and explored in greater detail.
Links with other subjects	Science, specifically related to the content on body systems. Mathematics, specifically related to interpreting data, the calculation of training intensities and the measurement / timing in athletics. English, specifically related to key words and terminology and structuring longer answer exam style questions.
Extracurricular opportunities	Numerous after school extra-curricular clubs run in the PE department throughout the year. In addition, lunch clubs run, with some targeting GCSE students. House competitions also give opportunity to compete in full recognised competitive games / events. The school takes part in external fixtures, galas and meets against other local schools. The ski trip runs biannually.
A successful learner in this subject will demonstrate	Successful PE students will be well motivated to take up all available extra-curricular opportunities to enhance their practical grades. They will be well organised and show resilience to learn work on a weekly basis, reviewing and improving their knowledge and understanding. They will demonstrate a strong general knowledge and genuine interest in all sports to enable them to apply theoretical content to practical situations.
Impact on personal development	The practical aspects of the GCSE course will help students develop good social skills such as; teamwork, leadership, communication and observational and analysis skills. The theory elements will develop organisational skills, resilience



Ways to support student learning in this subject

- Encourage students to master skills in three practical sports / activities, which must include at least one team and one individual sport / activity.
- To gain video evidence of sports / activities where necessary.
- Encourage students to watch and read about a wide range of sports / activities, which will enhance their ability to apply theory content to practical situations.
- To encourage students to learn work on a weekly basis; to complete homework to the best of their ability and submit it on time, asking their member of staff for support if unsure.