

**Physical Education – GCSE PE
YEAR 10 CURRICULUM INFORMATION**

'Building knowledge, understanding, memory and performance.'

	Spring 1	Spring 2
What will students be learning?	Students will continue with the applied anatomy and physiology aspect of the course in their two theoretical lessons per week. They will be taught the components of fitness, principles of training and prevention of injury. Students will be given a milestone assessment after each section, followed by a review lesson with feedback. Students will continue with one practical lesson per week revisiting core skills and advanced skills in a variety of sports that link to their practical examination.	Students will continue to focus on the applied anatomy and physiology theoretical aspects for the physical factors affecting performance. In their two theoretical lessons per week, they will move on to the cardiovascular system, the respiratory system, and the effects of exercise. Students will continue to be given a milestone after each completed section, followed by a review lesson with feedback. Students will continue with one practical lesson per week revisiting core skills and advanced skills in a variety of sports that link to their practical exam.
How will students be assessed?	Students will be given a milestone assessment after each section has been delivered. This will be marked, and feedback will be given to the students during lessons. Students' practical ability will be assessed against the GCSE criteria during lessons and verbal feedback given.	Students will be given a milestone assessment after each section has been delivered. This will be marked, and feedback given to the students during lessons. Students' practical ability will be assessed during lessons and verbal feedback given.
Literacy – What keywords will be taught?	Skeletal system- Cranium, vertebrae, ribs, sternum, clavicle, scapula, pelvis, humerus, ulna, radius, carpals, metacarpals, phalanges, femur, patella, tibia, fibula, tarsals, metatarsals, support, posture, protection, movement, storage of minerals, synovial joint, articulating bones, ball and socket joint, hinge joint, flexion, extension, rotation, abduction, adduction, circumduction, ligament, cartilage, tendons. Muscular system- Deltoid, trapezius, latissimus dorsi, pectorals, biceps, triceps, abdominals, quadriceps, hamstrings, gluteals, gastrocnemius, agonist, antagonist, fixator. Movement analysis- levers, first class, second class, third class, frontal, transverse, longitudinal, sagittal.	Cardiovascular system- Arteries, capillaries, veins, atria, ventricles, bicuspid, tricuspid, semilunar valves, septum, aorta, pulmonary artery, vena cava, pulmonary vein, heart rate, stroke volume, cardiac output. Respiratory system- Mouth, nose, trachea, bronchi, bronchiole, alveoli, diaphragm, intercostals, breathing rate, tidal volume, minute ventilation, aerobic exercise, anaerobic exercise. Effects of exercise- Muscle temperature, heart rate, stroke volume, cardiac output, redistribution of blood, respiratory rate, tidal volume, minute ventilation, lactic acid, bone density, hypertrophy, muscular strength, muscular endurance, fatigue, heart hypertrophy, aerobic capacity, capillarisation.
What employability skills are being developed?	Collaboration, resilience, planning and organisation, adaptability, leadership, management, and responsibility, problem solving.	Collaboration, resilience, communication, planning and organisation, adaptability, leadership, teamwork, management, and responsibility.
Wider Curriculum Links?	Biology; the anatomy and physiology of the human body.	Biology; the anatomy and physiology of the human body.
What useful websites are	GCSE - Physical Education (9-1) - J587 - OCR England Netball Home Handball UK Sport	GCSE - Physical Education (9-1) - J587 - OCR England Netball Home Handball UK Sport

there for this topic?	About The RFU (englandrugby.com) About Us British Athletics About England Hockey	About The RFU (englandrugby.com) About Us British Athletics
What wider reading could be done for this topic?	OCR GCSE PE Revision Guide GCSE Physical Education OCR Revision Guide: perfect for the 2024 and 2025 exams (CGP OCR GCSE PE) : CGP Books, CGP Books: Amazon.co.uk: Books	OCR GCSE PE Revision Guide GCSE Physical Education OCR Revision Guide: perfect for the 2024 and 2025 exams (CGP OCR GCSE PE) : CGP Books, CGP Books: Amazon.co.uk: Books
What else can students be doing independently to develop their understanding of this topic?	Regularly attend sports clubs and fixtures, record results in logbooks.	Regularly attend sports clubs and fixtures, record results in logbooks.