

Physical Education
Year 10 GCSE curriculum map



- Five lessons a cycle
- 3:2 theory to practical ratio
- 2:1 paper 1 to paper 2 ratio

Year 10	T1	T2	T3	T4	T5	T6
Content / Topic for Term	<ul style="list-style-type: none"> • 1.1. Applied anatomy and physiology • 2c.2. Content of socio-cultural issues and sports psychology • Practical performances 					
Key Knowledge for acquisition, recall and application in assessment or exam	<p>Recap of Year 9 content</p> <p>1.1.e. Effects of exercise on body systems</p> <ul style="list-style-type: none"> • short-term effects of exercise <p>2.1.c. Ethical and socio-cultural issues in physical activity and sport</p> <ul style="list-style-type: none"> • ethics in sport • drugs in sport 	<p>1.1.e. Effects of exercise on body systems</p> <ul style="list-style-type: none"> • long-term (training) effects of exercise <p>2.1.c. Ethical and socio-cultural issues in physical activity and sport</p> <ul style="list-style-type: none"> • violence in sport <p>2.2 Sports psychology</p> <ul style="list-style-type: none"> • Characteristics of skilful movement 	<p>1.2.a Components of fitness</p> <ul style="list-style-type: none"> • components of fitness <p>2.2 Sports psychology</p> <ul style="list-style-type: none"> • Classification of skills 	<p>1.2.a. Components of fitness</p> <ul style="list-style-type: none"> • components of fitness <p>2.2 Sports psychology</p> <ul style="list-style-type: none"> • goal setting 	<p>1.2.b. Applying the principles of training</p> <ul style="list-style-type: none"> • principles of training <p>2.2 Sports psychology</p> <ul style="list-style-type: none"> • mental preparation • types of guidance 	<p>1.2.b. Applying the principles of training</p> <ul style="list-style-type: none"> • optimising training <p>2.2 Sports psychology</p> <ul style="list-style-type: none"> • types of feedback <p>Recap of all content across paper 1 and paper 2</p>

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	<p>Practical Performances</p> <ul style="list-style-type: none"> • introduction to log book • association football • badminton 	<p>Practical performances</p> <ul style="list-style-type: none"> • association football • Badminton 	<p>Practical performances</p> <ul style="list-style-type: none"> • netball • fitness 	<p>Practical performances</p> <ul style="list-style-type: none"> • netball • fitness 	<p>Practical performances</p> <ul style="list-style-type: none"> • athletics • trampolining 	<p>Sit end of year exams in both papers</p> <p>Moderate practical performances</p> <p>Practical performances</p> <ul style="list-style-type: none"> • athletics • cricket
Key skills to apply in assessment or exam	<ul style="list-style-type: none"> • A01 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • A02 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • A03 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. • A04 Demonstrate and apply relevant skills and techniques in physical activity and sport. • Analyse and evaluate performance. 					
Title of Knowledge Organiser	The structure and function of the skeletal system Physical activity and sport in the UK	The structure and function of the skeletal system The structure and function of the muscular system	Movement analysis Participation in physical activity and sport Netball	The cardiovascular and respiratory systems Commercialisation of sport Netball	The cardiovascular and respiratory systems Commercialisation of sport Athletics	The cardiovascular and respiratory systems Athletics Cricket

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	Association football Badminton	Participation in physical activity and sport Association football Badminton	Basketball	Basketball	Rounders	
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