



Year 10					
Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Principles of training Purpose: Introduction to GCSE PE to help students understand the fundamental concepts behind improving fitness and performance, ensuring they can apply these principles to their own training. Overview of the knowledge and skills covered in this unit: <ul style="list-style-type: none">• Key components of a warm up and cool down with application to practical examples.• Physical benefits of a warm up. And cool down.• FIIT and SPOR	Components of fitness Purpose: To provide students with a fundamental understanding of the key elements that contribute to a person's physical readiness. It equips them with the knowledge to analyse and improve their own performance and that of others. Overview of the knowledge and skills covered in this unit: <ul style="list-style-type: none">• Health related and skill related components of fitness.• Cardiovascular Endurance, Muscular	Skeletal System Purpose: To provide students with a comprehensive understanding of the structure, function, and importance of the human skeleton in relation to physical activity and sports performance. Overview of the knowledge and skills covered in this unit: <ul style="list-style-type: none">• Skeletal structure and function.• Joints.• Role of the skeleton.• Effects of exercise. How will this be assessed? <ul style="list-style-type: none">• Mid unit assessment.	Muscular System Purpose: To provide students with a foundational understanding of how the muscular system functions and its crucial role in physical activity and sport. This knowledge is essential for analysing movement, understanding the benefits of exercise, and grasping how injuries can occur and be prevented. Overview of the knowledge and skills covered in this unit: <ul style="list-style-type: none">• Muscular contractions (Isotonic and Isometric).	Movement analysis Purpose: To give students a thorough understanding of the scientific principles that underpin human movement. This unit helps students understand how the body works during physical activity and how to apply this knowledge to improve performance, prevent injury, and analyse movement. Overview of the knowledge and skills covered in this unit: <ul style="list-style-type: none">• Anatomy and physiology.• Lever systems.	Cardiovascular and respiratory systems Purpose: To help students understand how the cardiovascular and respiratory systems work, especially during physical activity. It explores how these two systems cooperate to deliver oxygen and nutrients to muscles and remove waste products. Overview of the knowledge and skills covered in this unit: <ul style="list-style-type: none">• Structure and function.• Responses to exercise.• Gaseous exchange.• Vascular shunting.• Health and Fitness. How will this be assessed? <ul style="list-style-type: none">• Mid unit assessment.



<p>principles.</p> <ul style="list-style-type: none">Practical application of principles through methods of training. <p>How will this be assessed?</p> <ul style="list-style-type: none">Mid unit assessment.End of unit assessment.Practical application of training methods and principles.	<ul style="list-style-type: none">Endurance, Muscular Strength.Flexibility, Body Composition, Agility, Balance, Coordination, Power, Reaction Time, Speed. <p>How will this be assessed?</p> <ul style="list-style-type: none">Mid unit assessment.End of unit assessment.	<ul style="list-style-type: none">End of unit assessment.	<ul style="list-style-type: none">Antagonistic muscle pairs.Short and long term effects of exercise.Names, location and functions of major muscles. <p>How will this be assessed?</p> <ul style="list-style-type: none">Mid unit assessment.End of unit assessment.	<ul style="list-style-type: none">Planes of movement.Axis of rotation.BiomechanicsAnalysis of performance. <p>How will this be assessed?</p> <ul style="list-style-type: none">Mid unit assessment.End of unit assessment.	<ul style="list-style-type: none">End of unit assessment.
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