Long Term Plan Subject: PE Year: 10 GCSE

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| **Term** | **Topic (s)** | **Assessed Work** | **Additional details** |
| Term 1 a(6 weeks) | **Applied Anatomy & Physiology (Paper 1)**-Intercostal muscle, rib cage, diaphragm-Interpretation of a spirometer trace-Aerobic and anaerobic exercise-Oxygen dept.-The recovery process from vigorous exercise-Immediate effects, short term, long term of exercise  | End of unit testsMini testsAssess during the lesson Questions and answers | Homework will be set every week relevant to the topic being taught. |
| Term 1 b(6 weeks) | **Movement Analysis Paper 1**-First, second, third lever systems -Planes Physical training paper 1-Health and fitness-the components of fitness -fitness tests-data collection-Principles of training-Types of training-Threshold-prevent injury -Warm up, cool down  | End of unit testsMini testsAssess during the lesson Questions and answers | Homework will be set every week relevant to the topic being taught. |
| Term 2 a(6 weeks) | **Long answer Questions 6 & 9 mark** How to write itWhat to include Practice | Verbal feedback, assessment, peer assessment | Doing long answer question. |
| Term 2 b(5 weeks) | **Use of date Paper 1 and Paper 2**-Quantitative date-methods for collecting data-Qualitative-Presenting data | End of unit testsMini testsAssess during the lesson Questions and answers | Homework will be set every week relevant to the topic being taught. |
| Term 3 a(6 weeks) | Revision over paper 1Unit 1,2,3,7 | Exam questionsTestsHow to answer Tips Guidance  | Exam questions |
| Term 3 b(5weeks) | Revision over paper 2Unit 4,5,6,7 | Exam questionsTestsHow to answer Tips Guidance | Exam questions |