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 tests  Mini tests  Assess 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 tests  Mini tests  Assess 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 it  What 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 tests  Mini tests  Assess 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 1  Unit 1,2,3,7 | Exam questions  Tests  How to answer  Tips  Guidance | Exam questions |
| Term 3 b  (5weeks) | Revision over paper 2  Unit 4,5,6,7 | Exam questions  Tests  How to answer  Tips  Guidance | Exam questions |