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 and physiology (paper 1)**  -Bones  -Structure of the skeleton  -Functions of the skeleton  -Muscles of the body  -Structure of a synovial joint  -Types of freely movable joints  -Major muscle groups  -Pathway of air  -Gaseous exchange  -Blood Vessels  -Structure of the heart  -The cardiac cycle and the pathway of blood  -Cardiac output and stroke volume | 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) | **Applied anatomy and 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 2 a  (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 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) | **Sports psychology paper 2**  -Skill and ability/classification  -definitions of types of goals  -SMART  -Different models /theories  -Arousal  -Intrinsic and extrinsic  **Socio-cultural influences paper 2**  Different social groups  Sponsorship and media  Drugs  Hooliganism | 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 b  (5weeks) | **Health fitness and well-being paper 2**  Health  Fitness  Well being  Obesity  Somatotypes  Energy use  Nutrition  Hydration | 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. |

Notes:

If topics are not cover in the first year they will be covered at the start of the second year September –October /December.