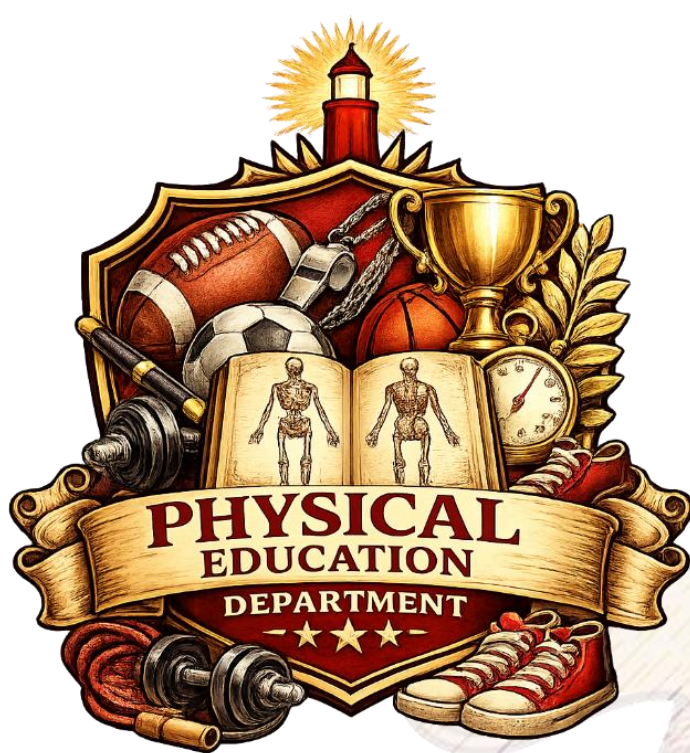




KS4: YEAR 10



3.5 How to optimise training and prevent injury
3.6 Effective use of warm up and cool down
Topic 4, The use of data
4.1 Use of data

Term 2.2:

Topic 3, Physical training

3.1 The relationship between health and fitness and the role that exercise plays in both
3.2 The components of fitness, benefits for sport and how fitness is measured and improved

Launch of PEP – Personal exercise programme (10% of GCSE PE). Develop their ability to analyse and evaluate to improve performance in physical activity and sport.

1.3 Anaerobic and aerobic exercise
1.4 The short- and long- term effects of exercise
Practical assessment (30% of GCSE PE) Perform effectively in different physical activities by developing skills and techniques and selecting tactics, strategies and/or compositional ideas.

SUMMER
3:2

Term 3:

3.3 The principles of training and their application to personal exercise/ training programmes
3.4 The long-term effects of exercise

SUMMER
3:1

SPRING
2:2

Term 2:

Topic 2, Movement analysis

2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement
2.2 Planes and axes of movement

SPRING
2:1

AUTUMN
1:2

Year 10 - Term 1:

Paper 1 (36% of GCSE PE)

Topic 1, Applied anatomy and physiology

1.1 The structure and functions of the musculoskeletal system
1.2 The structure and functions of the cardiorespiratory system

AUTUMN
1:1