Long Term Plan Subject: PE Year: 10 GCSE

|  |  |  |  |
| --- | --- | --- | --- |
| **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 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) | **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 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) | **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 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) | **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 groupsSponsorship and mediaDrugsHooliganism  | 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 b(5weeks) |  **Health fitness and well-being paper 2**Health Fitness Well being Obesity SomatotypesEnergy useNutrition Hydration  | End of unit testsMini testsAssess 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.