



YEAR 10 GCSE PE LEARNING JOURNEY

Y10

Skeletal System



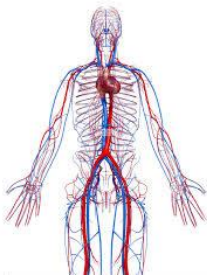
Location of bones
Functions of skeleton
Synovial joints

Muscular System

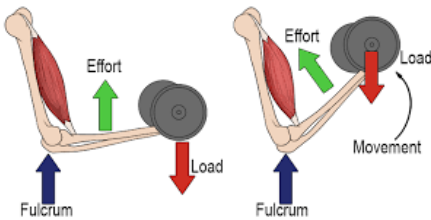


Location of muscles
Role in movement

Cardiovascular System



Parts
Structure
Function



Movement Analysis

Levers
Planes of movement
Axis of rotation

Respiratory System



Parts
Structure
Function

Effects of Exercise



Long term
Short term

Coursework

Analysis and Evaluation
of Performance
Parts 1, 2, 3 & 4



Components of Fitness and Fitness Testing

Definitions
Practical examples
Testing yourself
Comparison to normative data

Methods of Training



Types
Definition
Practical benefits

Principles of Training



SPOR
FITT
Warm up & cool down

Y11

Injury Prevention



Risk assessment
How to minimise injury

Be Ready, Be Respectful, Be Responsible – Inspiring Excellence



YEAR 11 GCSE PE LEARNING JOURNEY

Y11

Engagement Patterns

Commercialisation



Factors
Strategies
Trends



Media
Sponsorship
Golden Triangle

Classification of Skill

Ethics, Drugs and Violence



Difficulty &
environmental
continuum



Sportsmanship
Gamesmanship
Deviance
PED's

Characteristics of skill

Guidance and feedback



Motor skills
What makes a skilful
movement?



Goal setting – SMART
Mental preparation
Types of feedback

Health, Fitness and Well-Being

Coursework



Health benefits
Consequences of sedentary
lifestyle
Social, mental and physical

Analysis and Evaluation
of Performance
Parts 5 & 6

Diet and Nutrition

Revision



Components of a
balanced diet



FURTHER
EDUCATION

Exam

Be Ready, Be Respectful, Be Responsible – Inspiring Excellence