Curriculum Map
Year 10

Physical Education

Learning Aims and Curriculum Intent:

Pupils in Year 10 are introduced to PE as an examination subject. GCSE PE enables pupils to be intellectually aware of the bodies three key systems both in sport and everyday life. This has strong curriculum links to GCSE Biology and allows for excellent cross-curricular opportunities. A key learning aim of Y10 is building a foundational understanding of anatomy and physiology. This is taught both theoretically and practically in our excellent facilities such as our high-performance centre and strength and conditioning suite. Pupils are made data-literate by tracking their Heart Rate responses to exercise and providing detailed reports of their findings. They can also expect to analyse and evaluate their own practical performances across three sports that they will be assessed in. The link to all the OCR accredited sports is in the web-page links at the bottom.

Topic	Content, Key Questions and Knowledge	Skills	Assessment
Michaelmas 1	**Skeletal & Muscular Systems** **1.1.** The structure and function of the skeletal system: major bones and location and identification. Pupils will examine types of joints and their functions alongside sporting examples. Types of connective tissue will be examined. **1.2.** The structure and function of the muscular system: location of main muscle groups and antagonistic pairs. Practical opportunities in the fitness suite and S&C suite alongside a group task based on one of their major sports and muscular identification.	Collaboration and cooperation Evaluating data sets and normative data Retrieval and recall How to make anatomical associations Awareness of functional foundational movements post PE lessons	Retrieval questions to build knowledge acquisition and understanding. Peer and self-assessment of question banks. Collaborative oracy: group task regarding delivering a warmup for a case study athlete (practically) Common Departmental Assessments.
Michaelmas 2	**Cardiovascular & Respiratory Systems** **1.3.** The structure of the cardiovascular system: double circulatory system, major blood vessels, pathway of blood, key terminology linked to the specification. Pupils will develop a key word bank and be tested on this at various intervals due to the large volume of mark allocated key wording associated with this topic. Pupils will engage with a HR data tracking module and produce their data reports. **1.4.** The structure and function of the respiratory system: pathway of air, role of respiratory muscles and necessary equations with some mathematical links. The energy systems of aerobic and anaerobic will be studied in detail which links to some A-Level elements of the course.	Understanding of how the body adapts to exercise Deeper understanding of foundational and fundamental movements in relation to energy systems Basic sporting functional anatomy Oracy in presentation	Retrieval questions to build on prior knowledge. Data retrieval, analysis, and report Common Departmental Assessments.
Lent 1	**Movement Analysis & Effects of Exercise** **1.5** Lever classification; applying examples from physical activity and recreating these practically. Strong physics links. Pupils must understand the term 'mechanical advantage' and apply this to sport. Some basic mathematical skills are involved. Planes of movement and axis of rotation are explored in depth with pupils undergoing a group task of designing and making their own planes to move through. We look at school footage on the veo and analyse in small groups in class. **1.6.** Effects of exercise; short- and long-term effects on the bodies three main systems. This is an excellent checkpoint for revision so far of the CV, Respiratory and Muscular sections of the course.	Handling data Veo camera analysis Designing and implementing theory through practical.	Retrieval quizzes to build knowledge acquisition and understanding. Case studies and comparison of athletes from short and long distances and different sporting environments Common Departmental Assessments.
Lent 2	**Injury, Hazards, and Risk** **1. 7** Minimizing the risk of injury in physical activity and sport: reflection on their own sporting careers. Identification of common injury patterns. How to treat using the RICE Method. Risk assessment of the school site (assessed) Pupils need to know the difference between a hazard and a risk and apply examples to a range of practical environments. Pupils have an opportunity to become a medic for a lesson and are given various fictional injuries to treat.	Developing small group work Exploration of movement in a unique environment Physical confidence and competency Practical based life skills	Peer assessment opportunities Q&A Common Departmental Assessments Quizzes.

Analysing and Evaluating Performance	**AEP Coursework, Fitness Components and Applying Training Principles** **1.8** The 10 key components will be analysed and applied in practical situations. Pupils will undertake formal fitness testing which will generate the data needed for their coursework evaluation. Training principles will be examined for various sporting case studies and class discussions had on the rationale surrounding these. There will be close inspection of exam rubric to help pupils navigate their coursework and develop important exam literacy skills for their summer papers.	Health, fitness, and wellbeing links Cross curricular opportunities with science	Q&A Self and peer assessment Group led starter and plenaries

Examples of Homework	HR Data Tracking: Produce an academic report based off the HR data you have gathered (1-2 slides) Findings must include rationale for changes in HR, key terminology from the CV oucr se.	
Key terminology	Aerobic, Anaerobic, Vasodilation, Vasoconstriction, PPE, Cardiac Output, Stroke Volume, Minute Ventilation, Inspiration, Expiration, Hypertrophy, Energy Systems, Mechaniuucaly Advanatge.	
Super-curricular enrichment and scholarly extension	• **Go Explore:** Local sports clubs in the area (PE department to supply), our affiliation with the Lewin Clinic (Physiotherapy) and teaching fellows at UEL Laboratories. • **Watch:** Fever Pitch, The rise of the Premier League, Invictus, CR7, The Last Dance, All or nothing, Ronaldo-The Phenomenon, Gamechangers • **Visit:** Olympic Stadium, Stratford Regeneration, Body Systems Workshop London. The Loughborough PE trip.	
Useful websites	https://www.bing.com/search?pglt=41&q=parkour+generations+london&cvid=3dd0d27855f6430b8f444a695a725699&aqs=edge.0.0j69i57j0l7j69i11004.2752j0j1&FORM=ANNAB1&PC=U531 https://www.bing.com/search?q=bbc+bitesize+pe&cvid=c7710d7d81254d4db5720f9d4c912bf4&aqs=edge..69i57j0l8j69i11004.4118j0j4&FORM=ANAB01&PC=U531 Physical literacy - Sport for Life	
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