

Physical Education Long Term Plan Year 10 2019-20



Temperance Term

W/C	2nd September	9th September	16th September	23rd September	30th September	7th October	14th October	21st October
Topic	Paper 2 – 3.2.3 Health Fitness and Well-Being (Chapter 6) 3.2.3.1 – Physical, Emotional and Social Health, Fitness and Well-Being							
	The meaning of health and fitness: physical, mental/emotional and social health	The consequences of a sedentary lifestyle.	Obesity and how it may affect performance in physical activity and sport.	Somatotypes.	Energy use.	Reasons for having a balanced diet and the role of nutrients.	The role of carbohydrates, fat, protein, vitamins and minerals.	Reasons for maintaining water balance (hydration) and further applications.
Challenge	Justify mental health's inclusion in overall well-being	Analyse the impact of a sedentary lifestyle.	Analyse the impact of obesity on performance	Evaluate the somatotypes for a given sporting role.	Explain how basal metabolic rate affect calorie consumption	Justify the reasons for a balanced diet	Evaluate the dietary requirements for a given athlete	Evaluate the consequences of dehydration.
Assessment	Teacher Assessment	Practical Assessment	Peer Assessment	Teacher Assessment	Teacher Assessment	Peer Assessment	Practical Assessment	Summative Written Assessment
W/C	HALF TERM	4th November	11th November	18th November	25th November	2nd December	9th December	CHRISTMAS
Topic		Paper 1 - 3.1.1 Applied Anatomy and Physiology (Chapter 1) 3.1.1.1 – The Structure and Functions of the Musculoskeletal System						
		Bones and the structure of the skeleton.	Functions of the skeleton.	Structure of a synovial joint. Freely moveable joints that allow different movements.	Muscles of the body.	How joints differ in design to allow certain types of movement.	Antagonistic muscles and the major joints of the skeleton to affect movement.	
Challenge		Explain the role of long bones in performance	Explain how blood cell production aids performance	Evaluate the structure of joints, referencing action	Explain the role of tendons during movement.	Analyse different joint types with reference to a sporting activity	Explain the contraction occurring during the downward phase of a bicep curl	
Assessment		Practical Assessment	Peer Assessment	Teacher Assessment	Peer Assessment	Teacher Assessment	Summative Written Assessment	

Physical Education Long Term Plan Year 10 2019-20



Justice Term

W/C	6 th January	13 th January	20 st January	27 th January	3 rd February	10 th February	HALF TERM
Topic	Paper 1 – Movement Analysis (Chapter 2) 3.1.2.1/2 - Levers, Mechanical Advantage, Planes and Axes						
	First, second and third-class levers.	Mechanical advantage.	Analysis of basic movements in sporting examples.	Planes of the body	Axes of the body	Analysis of movement – holistic essays	
Challenge	Justify why a given movement uses its lever type	Evaluate the efficiency of different lever types	Explain the difference between circumduction and rotation.	Analyse the movements possible at the shoulder joint	Analyse the movements possible at the hip joint	Demonstrate full marks in 9-mark question	
Assessment	Teacher Assessment	Peer Assessment	Teacher Assessment	Practical Assessment	Practical Assessment	Summative Written Assessment	
W/C	24 th February	2 nd March	9 th March	16 th March	23 rd March	30 th March	EASTER
Topic	Paper 1 - 3.1.1 Applied Anatomy and Physiology (Chapter 1) 3.1.1.2 – The Structure and Functions of the Cardio-Respiratory System						
	The pathway of air and gaseous exchange.	Blood vessels.	Structure of the heart and the cardiac cycle (pathway of blood).	Cardiac output and stroke volume (including the effects of exercise).	Mechanics of breathing and interpretation of a spirometer trace.	Aerobic and anaerobic exercise Recovery/EPOC	
Challenge	Explain how the structure of alveoli and capillaries aid the process of gaseous exchange	Analyse the structure of blood vessels	Describe the cardiac cycle and explain the changes that occur as heart rate increases	Calculate the change of Q during exercise	Explain the changes in the mechanics of breathing during exercise that lead to greater inspiration from that at rest	Explain how different energy systems are used during a team game	
Assessment	Peer Assessment	Teacher Assessment	Peer Assessment	Teacher Assessment	Practical Assessment	Summative Written Assessment	

Physical Education Long Term Plan Year 10 2019-20



Courage Term

W/C	20 th April	27 th April	4 th May	11 th May	18 th May	HALF TERM	
Topic	Paper 1 – 3.1.3 Physical Training (Chapter 3)		Revision Prep for Mocks	Year 10 Mocks Revision			
	Training Zones Preventing Injury	Specific Training Techniques and Seasonal Aspects					
Challenge	Apply the SAFER principle to different sports	Evaluate the use of altitude training as a specific training technique					
Assessment	Peer Assessment	Practical Assessment					
W/C	1 st June	8 ^h June	15 th June	22 nd June	29 th June	6 th July	
Topic	Work Experience	Paper 2 - 3.2.2 Socio-cultural Influences (Chapter 5)					
		Participation Patterns	Commercialisation of Sport	Technology in Sport	Prohibited Substances	Spectator Behaviour	
Challenge		Justify the socio- economic factors affecting participation for young people	Justify the positives and negatives of the commercialisation	Evaluate the impact of technology in sport	Evaluate the impact of taking PED's on sport	Evaluate the effectiveness of strategies to combat hooliganism	
Assessment		Practical Assessment	Peer Assessment	Teacher Assessment	Teacher Assessment	Summative Written Assessment	