

Physical Education Long Term Plan **Year 10**

Autumn Term

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	HALF TERM
Topic	Paper 1 - 3.1.1 Applied Anatomy and Physiology (Unit 1) 3.1.1.1 – The Structure and Functions of the Musculoskeletal System				Paper 1 – Movement Analysis (Unit 2) 3.1.2.1/2 - Levers, Mechanical Advantage, Planes and Axes			
Core	Course Introduction Bones and the structure of the skeleton. Functions of the skeleton.	Structure of a synovial joint. Freely moveable joints that allow different movement	Knowledge of the muscles of the body. Antagonistic muscles and the major joints of the skeleton to affect movement.	Types of contraction Consolidate / link knowledge within topic	Planes of the body. Axes of the body	First, second and third-class levers. Mechanical advantage.	Consolidation of movement analysis / test	
Challenge	Explain the role of long bones in performance	Explain how blood cell production aids performance	Analyse different joint types with reference to a sporting activity	Explain the contraction occurring during the downward phase of a bicep curl	Explain the difference between circumduction and rotation.	Analyse the movement at the hip joint, referencing planes & axis	Evaluate the efficiency of different lever types	
Assessment	Formative, in-class assessment	Distributed summative assessment	Peer assessment of current in class topic	Summative, formal assessment / exam paper questions	Distributed summative assessment	Formative, in-class assessment	Summative, formal assessment / exam paper questions	

W/C	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	CHRISTMAS
Topic	Paper 1 - 3.1.1 Applied Anatomy and Physiology (Unit 1) 3.1.1.2 – The Structure and Functions of the Cardio-Respiratory System						
Core	Blood vessels. Structure of the heart	The cardiac cycle (pathway of blood) Cardiac output and stroke volume (including the effects of exercise).	The pathway of air The gaseous exchange.	Mechanics of breathing Interpretation of a spirometer trace.	Aerobic and anaerobic exercise Oxygen debt	Structuring answers when responding to extended writing tasks in GCSE PE Use of qualitative and quantitative data, presenting data (UNIT 4)	
Challenge	Analyse the structure of blood vessels	Calculate the change of Q during exercise	Explain how the structure of alveoli and capillaries aid the process of gaseous exchange	Explain the changes in the mechanics of breathing during exercise	Explain how different energy systems are used during a team game	Justify why Michael Johnson's 400m world record was mainly aerobic or anaerobic	



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Assessment	Self-assessment of challenge objective - EBI	Formative, in-class assessment	Distributed summative assessment	Peer assessment of current in class topic	Self-assessment of challenge objective - EBI	Summative, formal assessment / exam paper questions	
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Spring Term

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Topic	Paper 2 – 3.2.3 Health Fitness and Well-Being (Unit 6) 3.2.3.1 – Physical, Emotional and Social Health, Fitness and Well-Being					Paper 1 – 3.1.3 Physical Training (Unit 3)	
Core	The meaning of health and fitness: physical, mental/emotional and social health 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.	Obesity and how it may affect performance in physical activity and sport The consequences of a sedentary lifestyle.	Consolidation of knowledge on Health, Fitness and Well-being / test Use of qualitative and quantitative data, presenting data (UNIT 4)	Effective use of a warm-up Constituent parts of a warm-up NEA Evaluation – example training session	
Challenge	Justify mental health's inclusion in overall well-being	Justify the somatotypes for a given sporting role.	Evaluate the consequences of dehydration to performance in different sporting activities	Justify the dietary requirements for a given athlete	Explain how basal metabolic rate affect calorie consumption	Benefits of warming-up and justify appropriate elements for different sports	
Assessment	Peer assessment of current in class topic	Distributed summative assessment	Formative, in-class assessment	Self-assessment of challenge objective - EBI	Summative, formal assessment / exam paper questions	Practical Assessment	

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Topic	Paper 1 – 3.1.3 Physical Training (Unit 3) & NEA Evaluation – example training session				Paper 1 - 3.1.1 Applied Anatomy and Physiology		
Core	Relationship between Health and Fitness Components of Fitness / Linking sports	Measuring the Components of Fitness Use of qualitative and quantitative data, presenting data (UNIT 4)	Principals of Training and Overload and Preventing Injury Training Zones and the Methods of Training	Short and Long-term effects of exercise Specific Training Techniques (Altitude) and Seasonal Aspects	Recovery Method 1 – Cool Down / EPOC Recovery Method 2 – Ice Bath / Massage	Recovery Method 3 – Manipulation of Diet End of Unit Test	
Challenge		Evaluate the relevance of tests in relation to sporting activities	Evaluate appropriate training methods for various fitness needs	Justify appropriate elements of warm-ups and cool down	Evaluate the use of altitude training as a specific training technique	Justify the use of a cool down and manipulation of diet as recovery methods for a netballer after a match	
Assessment	Self-assessment of challenge objective - EBI	Practical Assessment	Practical Assessment	Formative, in-class assessment	Distributed summative assessment	Summative, formal assessment / exam paper questions	

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Summer Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Topic	Paper 2 - 3.2.1 Sports Psychology (Unit 5) & NEA Evaluation – part two, theoretical application					3.1.4 - Use of Data	
Core	Classification of Skills SMART Targets	Information Processing Guidance and Feedback	Mental preparation for performance - Arousal Methods to Control Arousal	NEA Evaluation Part 2	Aggression in Sport Motivation	Analyse and Evaluate data Consolidation of learning of sports psychology	
Challenge	Justify the classification of various skills	Evaluate the role of performance and outcome goals	Justify the type of guidance and feedback for performers	Achieve a top band response	Evaluate the merits of intrinsic and extrinsic motivation in sport	Analyse the changes on a spirometer trace graph	
Assessment	Peer assessment of current in class topic	Distributed summative assessment	Distributed summative assessment	Formative assessment in class with class teacher	Self-assessment of challenge objective - EBI	Summative, formal assessment / exam paper questions	

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER
Topic	Year 10 Mock Exams (Paper 1)	Introduction to the Written NEA Coursework					
SPS Challenge		Analysis – Component of Fitness Weakness	Analysis – Skill Weakness	Analysis – Final draft	Work experience	Analysis – Final draft	
BPS Challenge		Analysis – Component of Fitness Weakness	Analysis – Skill Weakness	Analysis – Final draft		Analysis – Final draft	
Inspire		Level 5 answers Justification and evaluation	Level 5 answers ustification and evaluation	Level 5 answers ustification and evaluation		Level 5 answers ustification and evaluation	