

# Physical Education Long Term Plan Year 10

<b>W/C</b>	6 <sup>th</sup> September	10 <sup>th</sup> September	17 <sup>th</sup> September	24 <sup>th</sup> September	1 <sup>st</sup> October	8 <sup>th</sup> October	15 <sup>th</sup> October	<b>HALF TERM</b>	31 <sup>st</sup> November	5 <sup>th</sup> November	12 <sup>th</sup> November	
	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.	Bones and the functions of the skeleton.	Structure of the skeletal system/functions of the skeleton.	
	<b>Paper 2 – 3.2.3 Health Fitness and Well-Being</b> <b>3.2.3.1 – Physical, Emotional and Social Health, Fitness and Well-Being</b>									<b>Paper 1 - 3.1.1 Applied Anatomy and Physiology</b> <b>3.1.1.1 – Cont.</b>		
<b>W/C</b>	19 <sup>th</sup> November	26 <sup>th</sup> November	3 <sup>rd</sup> December	10 <sup>th</sup> December	<b>CHRISTMAS</b>	7 <sup>th</sup> January	14 <sup>th</sup> January	21 <sup>st</sup> January	28 <sup>th</sup> January	4 <sup>th</sup> February	11 <sup>th</sup> February	<b>HALF TERM</b>
	Muscles of the body.	Structure of a synovial joint.	Types of freely moveable joints that allow different movements.	How joints differ in design to allow certain types of movement.		Antagonistic muscles and the major joints of the skeleton to affect movement.	Recap / Exam	First, second and third-class levers.	Mechanical advantage.	Analysis of basic movements in sporting examples.	Planes and axes.	
	<b>Paper 1 - 3.1.1 Applied Anatomy and Physiology</b> <b>3.1.1.1 – The Structure and Functions of the Musculoskeletal System</b>					<b>Paper 1 - 3.1.1 Applied Anatomy and Physiology</b> <b>3.1.1.1 – Cont.</b>		<b>Paper 1 – Movement Analysis</b> <b>3.1.2.1/2 - Levers, Mechanical Advantage, Planes and Axes</b>				
<b>W/C</b>	25 <sup>th</sup> February	4 <sup>th</sup> March	11 <sup>th</sup> March	18 <sup>th</sup> March	25 <sup>th</sup> March	1 <sup>st</sup> April	<b>EASTER</b>	24 <sup>th</sup> April	29 <sup>th</sup> April	6 <sup>th</sup> May	13 <sup>th</sup> May	
	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		Health and Fitness Components of Fitness / Linking sports	Warming up and Cooling Down Short and Long-term effects of exercise	Measuring the Components of Fitness Collecting Data	Principals of Training and Overload / Types of Training (Practical)	
	<b>Paper 1 - 3.1.1 Applied Anatomy and Physiology</b> <b>3.1.1.2 – The Structure and Functions of the Cardio-Respiratory System</b>							<b>Paper 1 – 3.1.3 Physical Training (Coursework-Related Content)</b> <b>Coursework Started</b>				
<b>W/C</b>	20 <sup>th</sup> May	<b>HALF TERM</b>	3 <sup>rd</sup> June	10 <sup>th</sup> June	17 <sup>th</sup> June	24 <sup>th</sup> June	1 <sup>st</sup> July	8 <sup>th</sup> July				
	Year 10 Mock Exams		Year 10 Mock Exams	Training Zones Preventing Injury	Specific Training Techniques and Seasonal Aspects	Exam and Coursework Interventions	Exam and Coursework Interventions	<b>Work Experience</b>	Exam and Coursework Interventions			
				<b>Paper 1 – 3.1.3 Cont.</b>			<b>Lessons to be used to cover misunderstanding from the exam and finalise coursework on a 1-to-1 basis</b>					