| Subject: Physical Education | Year: 10 | Developed by: LG & WW | Date: Oct 2022 |
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INTENT

- Develop a lifelong long love of sport and physical activity.
- Develop a knowledge and understanding of key concepts:
 - o The structure & functions of the musculo-skeletal system
 - o The structure & functions of the cardio-respiratory system
 - Anaerobic & aerobic
 - Lever systems & mechanical advantage
 - Planes & axes of movement
 - o The short & long term effects of exercise
 - Principles of training
 - Optimising training

The themes for the year, areas of the curriculum to be studied, the big picture TO BE SHARED WITH STUDENTS (evidence in their booklets)

Develop a lifelong long love of sport and physical activity Be able to make links between theory topics and practical situations

IMPLEMENTATION

| | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
|----------|---|---|------------------------------|------------------------------|--------------------------------|-----------------------|
| | 1 2 3 4 5 6 7 8 | 9 10 11 12 13 14 15 | 16 17 18 19 20 21 | 22 23 24 25 26 ²⁷ | 28 29 30 31 32 | 33 34 35 36 37 38 39 |
| and | Topic 1: The structure & functions | Topic 2: The structure & functions | Topic 3: | Topic 4 The short & long | Revision of Topic 1,2, | Topic 5 continued: |
| | of the musculo-skeletal system | of the cardio-respiratory system | Anaerobic/aerobic, Short | term effects of exercise | 3 and 4 | Long term effects of |
| rea | | | term effects, levers, planes | | | exercise. |
| ca | Exam answer technique | | and axes. | The relationship between | Mock test – Paper 1 | |
| opic | ± | Assessment End of topic 2 | | health and fitness and the | (minus topic 5) | How to optimise |
| | Assessment End of topic 1 | | | role that exercise plays | (IIIIIao topio 5) | training and prevent |
| ear | ISS | | Assessment End of topic | Fitness components | Topic 5: The principles | injury |
| - | 388 | | 3 test | | of training and their | |
| of | 4 | | | Assessment End of topic | application to personal | Effective use of warm |
| e | | | | 4 test | exercise/ Training | up and cool down |
| _ ∑ | | | | | , 3 | |
| Ove | | | | | programmes | Assessment End of |
| O | | | | | | topic 5 test |
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IMPACT

| | Topic | Assessment Method | Mark Sch / Grade Boundaries | Knowledge / Skills / Understanding |
|--------------------|------------|---|----------------------------------|---|
| | | | | To be shared with students |
| | Topic 1: | End of topic assessment | Grade boundaries from June 2019 | Basic intro to Edexcel exam assessment objectives (AO1, AO2 & AO3). |
| Readiness | | Knowledge based quizzes, focussed on facts | Edexcel results. Standardisation | AO1 – state knowledge |
| | | and key terms. Links well with anatomy and | carried out in the department. | AO2 – apply knowledge to specific examples |
| | | physiology sections. Some exam questions | | AO3 – Analyse impact on performance |
| | | used. | | |
| | Topic 2: | End of topic assessment- Past paper questions | Grade boundaries from June 2019 | Students provided with past exam questions and mark schemes. |
| | | | Edexcel results. Standardisation | Feedback given to students post assessments and analyse their |
| nt, | | | carried out in the department. | answers using the mark scheme in their lessons. |
| Topic, Assessment, | | | | Exam techniques taught throughout the year and highlighted with |
| | | | | students whether they have been used in their assessment. |
| | Topic 2: | End of topic assessment- Past paper questions | Grade boundaries from June 2019 | |
| | | | Edexcel results. Standardisation | |
| | | | carried out in the department. | |
| | Topic 3: | End of topic assessment- Past paper questions | Grade boundaries from June 2019 | |
| | | | Edexcel results. Standardisation | |
| | | | carried out in the department. | |
| | Topic 4: | End of topic assessment- Past paper questions | Grade boundaries from June 2019 | |
| | | | Edexcel results. Standardisation | |
| | | | carried out in the department. | |
| | Topics 1-4 | Y10 mock examination- Past paper (topic 5 | Grade boundaries from June 2019 | Reflection on performance in mock exam. Looking at marking 5-9 |
| | | questions removed) | Edexcel results. Standardisation | marks questions and developing understanding of mark scheme. |
| | | | carried out in the department. | Exam paper analysis |
| | Topic 5: | End of topic assessment | Grade boundaries from June 2019 | |
| | | | Edexcel results. Standardisation | |
| | | | carried out in the department. | |
| | Practical | Ongoing assessment throughout the year to | Internal moderation against | |
| | assessment | identify individuals 3 top sports. Observations | specification mark scheme | |
| | | and video evidence. | | |