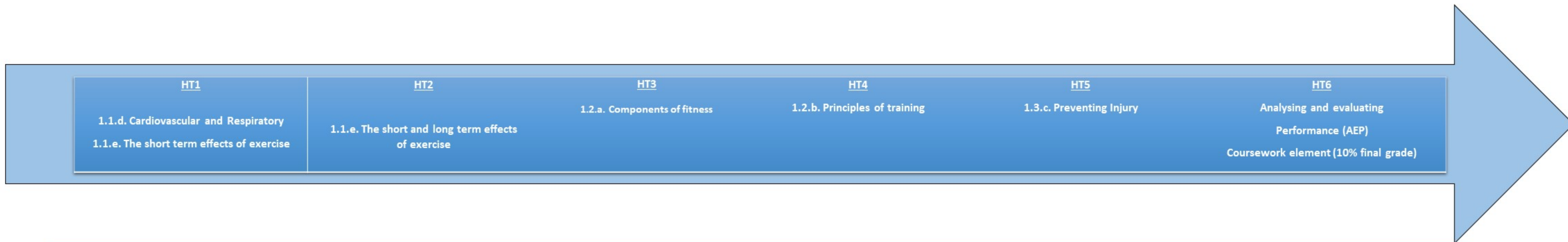


Year 10 PE Curriculum Sequence

Intent: To develop knowledge and understanding of anatomy and physiology linked to physical activity before looking at socio-cultural issues in sport

- W.S ideas to be Introduced:
- 1 Development of scientific thinking
 - 2 Experimental skills and strategies
 - 3 Analysis and evaluation
 - 4 Scientific vocabulary, quantities, units, symbols and nomenclature



Why move onto these units?	Why move onto these units?	Why move onto these units?	Why move onto these units?	Why move onto these units?	Why move onto these units?
Teaching this unit here allows students to revisit the content they did before permanently selecting the 3 year course in greater detail. They then link this to the short term effects of exercise the body has and link it to the cardiovascular and respiratory systems' response to exercise.	This unit is the 2 nd half of the 1.1.e. effects of exercise unit and allows students to develop a full understanding of what changes their body will make after prolonged training/competing in physical activities.	This unit is the basics of practical movement and the fitness requirements of athletes to compete in all levels of sport. As students start to try different sports as potential practical activity selections for their final grades they need to understand the fitness requirements also.	This is the application of training types and methods to improving the components of fitness, learnt previously. Allows students to apply this to their own personal fitness developments and is essential for completing the AEP coursework later in the course.	Moves on from students developing their knowledge of training and informs them of the necessary methods of warming up and cooling down and also the ways in which to assess playing surfaces/areas before participation	Students now have all the knowledge needed to be able to complete their analysing and evaluating of a peer to provide them with a 6 week training programme to improve their fitness and skills competency within their respective sport

Specification Links:	Specification Links:	Specification Links:	Specification Links:	Specification Links:	Specification Links:
<ul style="list-style-type: none"> 1.1.b. The structure and function of the muscular system, 1.1.d. The cardiovascular and respiratory systems, 1.1.e. Effects of exercise on body systems, 1.2.c. Preventing injury, 1.2.b. Applying the principles of training. 	<ul style="list-style-type: none"> 1.1.a. The structure and function of the skeletal system, 1.1.b. The structure and function of the muscular system, 1.1.d. The cardiovascular and respiratory systems, 1.1.e. Effects of exercise on body systems, 1.2.c. Preventing injury, 1.2.b. Applying the principles of training. 	<ul style="list-style-type: none"> 1.1.a. The structure and function of the skeletal system, 1.1.b. The structure and function of the muscular system, 1.1.d. The cardiovascular and respiratory systems, 1.1.e. Effects of exercise on body systems 	<ul style="list-style-type: none"> 1.1.d. The cardiovascular and respiratory systems, 1.1.e. Effects of exercise on body systems 	<ul style="list-style-type: none"> 1.2.b. Principles of training, 1.2.a. Components of Fitness 	<ul style="list-style-type: none"> 1.2.a. Components of Fitness, 1.2.b. Principles of training, 1.1.c. Movement analysis,

Teaching these things here supports:	Teaching these things here supports:	Teaching these things here supports:	Teaching these things here supports:	Teaching these things here supports:	Teaching these things here supports:
<ul style="list-style-type: none"> HT 1/2, academic PE introduction phase HT6 Long term effects of exercise 	<ul style="list-style-type: none"> HT5 Short term effects of exercise Y10 Applying the principles of training 	<ul style="list-style-type: none"> Y9 Muscles and Skeleton Analysing and evaluating performance (AEP) 	<ul style="list-style-type: none"> Muscular System Skeletal Function 	<ul style="list-style-type: none"> Muscular System Cardiovascular System 	

This topic feeds from:	This topic feeds from:	These topics feed from:	These topics feed from:	These topics feed from:	These topics feed from:
<ul style="list-style-type: none"> 1.1.a. The structure and function of the muscular system KS3 Health related fitness 	<ul style="list-style-type: none"> 1.1.a. The structure and function of the muscular system 1.1.d. The cardiovascular and respiratory systems KS3 Health related fitness 	<ul style="list-style-type: none"> Understanding of anatomy and overall fitness levels of athletes throughout sport and the practical activities they will choose 	<ul style="list-style-type: none"> Developing knowledge of components of fitness and how they are applicable to training and improving sporting performance across a wide variety of practical activities 	<ul style="list-style-type: none"> Knowledge of the methods of training and how an essential warm up 	<ul style="list-style-type: none"> All previous taught units