

Subject: PE	Year 10		
Review	Review 1	Review 2	Review 3
Content covered	<p>Unit 1.1a Skeletal System <i>Functions and adaptations of the skeleton based around exercise</i></p> <p>Unit 1.1b Muscular System <i>Functions and adaptations of the muscles based around exercise</i></p> <p><i>Analysing and Evaluating Performance (AEP) Task is introduced towards December time prior to beginning it Post Christmas</i></p>	<p>Unit 1.1c Movement Analysis <i>Learners will develop their knowledge of the three classes of lever</i> <i>Learners will become aware of the mechanical advantage provided by levers in movement.</i></p> <p>Unit 1.2b Principles of Training <i>Learners will develop their knowledge and understanding of the key components and physical benefits of the warm up and cool down</i></p> <p>Unit 1.3c Preventing Injury <i>Learners will develop their knowledge and understanding of how to prevent injury when participating in physical activities and sport.</i></p> <p><i>AEP Task begins with all relevant units covered and the pupils having all knowledge</i></p>	<p>Unit 2.1 Engagement Patterns <i>Learners will develop their knowledge and understanding of current participation trends using a range of valid and respected sources.</i></p> <p>Unit 2.1b Commercialisation of Sport <i>Learners will develop their knowledge and understanding of the commercialisation of physical activity and sport including sponsorship, along with the influences of the media with examples showing the positive and negative effects on participation and performance in physical activities and sports.</i></p>
Assessment method	55 minute - Written exam Questions testing application and knowledge of how the skeletal and muscular systems adapt to exercise and how they are used in physical activity	55 minute - Written exam Cumulative Questions testing application and knowledge of the content covered so far	55 minute - Written exam Cumulative Questions testing application and knowledge of the content covered so far
Teacher & Dept response	WWW/EBI feedback sheet / NSA lesson Teacher identifies student weaknesses and provides in class support.	WWW/EBI feedback sheet / NSA lesson Significant lack of progress triggers dept. support plan for student.	WWW/EBI feedback sheet / NSA lesson Significant lack of progress triggers dept. support plan for student into Y11.