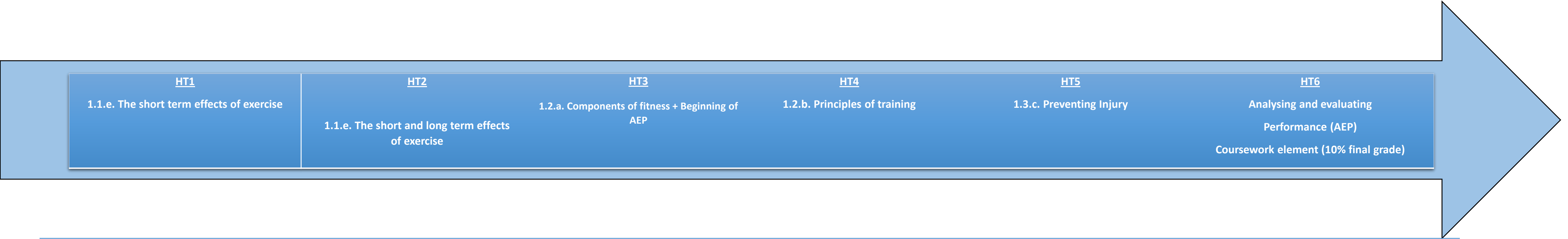


Year 10 PE Curriculum Sequence

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



<p>Why move onto these units?</p> <p>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.</p>	<p>Why move onto these units?</p> <p>This unit is the 2nd 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.</p>	<p>Why move onto these units?</p> <p>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 needs to understand the fitness requirements also. Students Will begin there AEP using knowledge of the Components of fitness to complete there Overview & Analysis section.</p>	<p>Why move onto these units?</p> <p>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.</p>	<p>Why move onto these units?</p> <p>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</p>	<p>Why move onto these units?</p> <p>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</p>
<p>Specification Links:</p> <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.	<p>Specification Links:</p> <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.	<p>Specification Links:</p> <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	<p>Specification Links:</p> <ul style="list-style-type: none">1.1.d. The cardiovascular and respiratory systems, 1.1.e. Effects of exercise on body systems	<p>Specification Links:</p> <ul style="list-style-type: none">1.2.b. Principles of training,1.2.a. Components of Fitness	<p>Specification Links:</p> <ul style="list-style-type: none">1.2.a. Components of Fitness, 1.2.b. Principles of training, 1.1.c. Movement analysis,
<p>Teaching these things here supports:</p> <ul style="list-style-type: none">HT 1/2, academic PE introduction phaseHT6 Long term effects of exercise	<p>Teaching these things here supports:</p> <ul style="list-style-type: none">HT5 Short term effects of exerciseY10 Applying the principles of training	<p>Teaching these things here supports:</p> <ul style="list-style-type: none">Y9 Muscles and SkeletonAnalysing and evaluating performance (AEP)	<p>Teaching these things here supports:</p> <ul style="list-style-type: none">Muscular SystemSkeletal Function	<p>Teaching these things here supports:</p> <ul style="list-style-type: none">Muscular SystemCardiovascular System	<p>Teaching these things here supports:</p> <ul style="list-style-type: none">
<p>This topic feeds from:</p> <ul style="list-style-type: none">1.1.a. The structure and function of the muscular systemKS3 Health related fitness	<p>This topic feeds from:</p> <ul style="list-style-type: none">1.1.a. The structure and function of the muscular system1.1.d. The cardiovascular and respiratory systemsKS3 Health related fitness	<p>These topics feed from:</p> <ul style="list-style-type: none">Understanding of anatomy and overall fitness levels of athletes throughout sport and the practical activities they will choose	<p>These topics feed from:</p> <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	<p>These topics feed from:</p> <ul style="list-style-type: none">Knowledge of the methods of training and how an essential warm up	<p>These topics feed from:</p> <ul style="list-style-type: none">All previous taught units