



## Curriculum Intent

Students will study the theoretical aspects of Physical Education, which will enable them to:

- Understand the factors that underpin performance in sport
- Understand how the physiological and psychological state affects performance
- Understand the contribution which physical activity and sport make to health, fitness and well-being
- Understand key socio-cultural influences which can affect people's involvement in physical activity and sport

Students will also take part in practical activities, which will enable them to:

- Develop skills and techniques, as well as use appropriate tactics and strategies
- Develop their ability to analyse and evaluate performance in physical activity and sport

## Autumn Term

### Students will learn:-

- Gain an understanding of the Skeletal System
- Understand the different types of joints in the human body
- Gain an understanding of the Muscular System
- Movement analysis
- Cardio Vascular system
- Respiratory System
- Aerobic and Anaerobic exercise
- Short term effects of exercise on the body

### Knowledge, Understanding & Skills

- To know the name and location of the bones in the human body.
- Understand apply examples of the functions of the skeleton.
- Definition of synovial joint.
- Know the hinge/ball and socket joints.
- Know the types of movement and give examples for these joints.
- Know the roles of ligaments/cartilage/tendons.
- Know the location of different muscle groups on the body with e.g.
- Know the definitions/roles of muscle in movement.
- Know the three classes of lever and their use in physical activity.
- Know the definition of mechanical advantage.
- Know the location of the planes of movement in the body with e.g.
- Know the location of axes of rotation in the body and use with e.g.
- Know the double circulatory system
- Know the different types of blood vessel
- Understand the pathway of the blood
- Know cardiovascular system definitions
- Know the roles of the red blood cells
- Understand the pathway of air through the respiratory system.
- Know the role of respiratory muscles in breathing
- Know the respiratory system definitions
- Understand the role of alveoli in gaseous exchange
- Know the definitions and apply practical examples
- Understand the short term effects of exercise using e.g.s



## Spring Term

### Students will learn:-

- Long term effects of exercise on the body
- Components of Fitness
- Principles of training
- Methods of Training

### Knowledge, Understanding & Skills

- Understand the long term effects of exercise and explain practical examples
- Be able to collect and use data relating to long term effects of exercise.  
Know the definitions/test and give examples for the following components of fitness:  
-Cardiovascular endurance / -Muscular endurance  
-Speed / Strength / Power / Flexibility / Agility / Balance  
-Co-ordination / Reaction Time/ Principles of training
- Know the definitions of the principles of training.
- Be able to apply the principles to a training programme.  
Optimising Training
- Know the definitions of FITT and apply these to training programmes
- Methods of training :  
Know the different types of training, definitions and examples of each.

*"Some people want it to happen, some wish it would happen, others make it happen" – Michael Jordan*

## Students will learn:-

- The exercise session
- Prevention of injury
- Revision of all topics studied in run up to Year 10 exams
- Reflection and feedback on Year 10 exams

## How are homework /wider resources used to enhance learning?

Seneca

Theeverlearner

<https://www.innerbody.com/image/skelfov.html>

<https://study.com/academy/lesson/the-six-types-of-synovial-joints-examples-definition.html>

<https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1>

<https://www.youtube.com/watch?v=YdmuHWq2fA>

<https://www.youtube.com/watch?v=OSNnCr0-9AQ>

<https://www.youtube.com/watch?v=EFpis3CqCTI>

<https://www.youtube.com/watch?v=Sc3IN99sRrI>

[https://www.youtube.com/watch?v=zd\\_e9gtDEXM](https://www.youtube.com/watch?v=zd_e9gtDEXM)

<https://www.youtube.com/watch?v=GiPexWdPF88>

<https://www.youtube.com/watch?v=mX6thvUns08>

<https://www.youtube.com/watch?v=pvvQnib23Xc>

<https://www.bbc.co.uk/bitesize/guides/z2b9q6f/revision/1>

<https://www.teachpe.com/training-fitness/training-methods>

<https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/1>

<https://www.bbc.co.uk/bitesize/guides/ztkcdmn/revision/2>

## How will students be assessed?

Our teaching will encourage the development and refinement of key evaluative and analytical skills; acquiring knowledge, developing an argument, extended writing, evaluating theories and evidencing them with real world examples.

These skills are assessed regularly in accordance with the departmental assessment cycle across all units.

They will be assessed predominately through timed essay based assessments, linear knowledge tests, peer marking exercises, classroom discussion and end of year PPEs.

## Knowledge, Understanding & Skills

### The exercise session

- Understand the key components of a W/UP and use practical examples.
- Know the physical benefits of a W/UP.
- Understand the key components of a cool down and use practical examples.
- Know the physical benefits of a cool down.
- Understand how to minimise risk in physical activity and give practical examples.
- Know the potential hazards in sport and use practical examples.
- Exam technique using mark schemes and model answers

### What does Excellence look like?

- Ability to label all the major bones of the body and spell them correctly.
- Able to list and explain in detail the 5 functions of the skeleton and apply them to practical activity
- Able to identify where on the human body each type of joint can be found and the movement each creates
- Able to apply this knowledge to practical examples in sport
- Ability to label all the major muscles of the body and spell them
- Able to explain what movement is created when each muscle contracts and apply it to practical examples
- Able to describe each type of lever system and identify where they are found in the human body. Apply them to practical examples in sport
- Know each plane of movement and apply them to practical examples
- Know each axis of rotation and apply them to practical examples
- Able to accurately label the heart and describe the route of blood through the body
- Apply the knowledge of the CV system and apply it to practical examples
- Able to label the muscles involved in breathing and explain how they work during inspiration and expiration. Explain how air pressure is involved in breathing
- Able to apply knowledge of aerobic and anaerobic fitness to examples
- Be able to collect and use data relating to short term effects of exercise.
- Describe in detail how exercise has an immediate effect on the muscular system, the CV system and respiratory system
- Be able to collect and use data relating to short term effects of exercise.
- Describe in detail how exercise has a long term effect on the muscular system, skeletal system, CV system and respiratory system
- Able to define each component and each test. Explain when they are used in a variety of sports
- Able to collect and use data relating to the components of fitness
- Able to accurately define each principle and apply each principle to practical examples
- Able to explain and justify which methods of training are best suited to which sports
- Able to lead a 5 phase warm and explain the purpose of each phase
- Able to lead a 2 phase cool-down and explain the purpose of each phase
- Able to identify risks and hazards in a practical setting and explain how the risk can be minimised

## International Opportunities

### Visits Programmes

- International exchange programme providing opportunities to explore sport within different cultures through school experience, and exploration of attitudes to physical exercise through hosts
- Community lectures series featuring sport and exercise related guests
- International Day sporting events

### Within the curriculum

- Global comparison of theories in sport
- Extensive use of international examples in team performance, examining the influence of cultural factors
- Analysis of global sporting events and the influence of concepts such as globalisation and commercialism