Curriculum Map

Subject: PE - GCSE Theory **Year group: 10**

Time period	Autumn 1 (Sept - Oct)	Autumn 2 (Oct - Dec)	Spring 1 (Jan - Feb)	Spring 2 - Summer (Feb - June)	Summer (June - July)
Content *Declarative Knowledge – 'Know What'*	**Skeletal System:** - Skeleton - Functions - Joints - Types of Movement **Muscular system** - Name and location of major muscles - Roles of muscles in movement **Movement Analysis** - Name and locate the 3 Levers and apply to physical activity - Define mechanical advantage - Name and locate the 3 planes - Name and locate the 3 axes	**Components of Fitness** - Define and apply the 10 Components of Fitness to Physical Activities - Identify suitable fitness tests for the 10 components of fitness **Principles of Training** - Define and apply the 4 principles of training - Define and apply the FITT principle to training programmes / personal exercise **Optimising Training** - Identify, define and explain 7 types of training - Describe and apply the 5 components of a warm up - Explain the 7 physical benefits of a warm up - Understand and apply the 2 key components of a cool down - Explain the 8 physical benefits of a cool down **Prevention of Injury** - Understand how the risk of injury in physical activity and sport can be minimised, applying examples - Describe and apply potential hazards in 5 physical settings	**Characteristics of skillful movement** - Know the definition of motor skills - Understand and be able to apply examples of skillful movement **Classification of Skill** - Know continua used in the classification of skills, Including:- - Simple to complex skills (difficulty continuum) - Open to closed (environmental continuum) - Be able to apply practical examples of skill for each continuum - Justify the placement of skills on each of the continua **Mental Preparation** - Know mental preparation techniques and be able to apply practical examples to their use **Types of Guidance** - Understand types of guidance, their advantages and disadvantages, and be able to apply practical examples to their use **Types of Feedback**	**Analysing and Evaluating Performance (AEP)** **Assessing physical fitness** - Strengths and Weakness of Performer - Use the tests for different components of fitness **For a chosen physical activity learners will:** - Analyse the importance of the different components of fitness for the activity - Give an overview of the key skills in the activity - Assess the strengths/weaknesses of the performer being analysed in the activity **For a specific skill or technique in the chosen activity learners** - Analyse a movement involved joint, type of movement, muscle group(s), muscle function/role - Classify the skill on the difficulty and environmental continua **Produce an action plan to improve an aspect of the**	**Health, Fitness and Wellbeing** - The health benefits of physical activity and consequences of a sedentary lifestyle, including: - Physical - Emotional - Social **Diet and Nutrition** - Balanced diet and the dietary requirements of practical activities and sports

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			- Understand types of feedback and be able to apply practical examples to their use **Goal Setting** - Understand and be able to apply examples of the use of goal setting - Understand the SMART principle of goal setting with practical examples - Be able to apply the smart principle to improve and/or optimise performance	**performance of the performer being analysed in the chosen activity** **The plan must include:** - Which skill OR component of fitness you are improving - Justifications for the skill or component of fitness you have chosen to improve - Drills and practices to show how you intend to improve the skill or component of fitness chosen, including risk assessment, coaching points, principles of training and SMART goal setting - Relevant understanding of the element chosen to improve	
Skills *Procedural Knowledge – 'Know How'*	**Know and understand** the structure and function of the skeletal and muscular systems and apply to physical activity. **Name and locate** the 3 Levers and **apply** to physical activity in short answer questions **Apply knowledge** of planes and axes to practical activities in **short answer questions**	**Define and apply** the 10 Components of Fitness to Physical Activities **Identify** suitable fitness tests for the 10 components of fitness **Interpret data** gained from fitness tests, comparing results to normative data **Analyse, compare and justify** the most important components of fitness for named sports **Identify, define and explain** the types of training **Describe and apply** the 5 components of a warm up, explaining the physical benefits **Apply** the 2 key components of a cool down and **explain** the 8 physical benefits of a cool down	**Know** the definition of motor skills **Understand, explain** and be able to **apply examples** of skillful movement **Know** continua used in the classification of skills and **apply** practical examples to each, **Justify** the placement of skills on each of the continua. **Know** mental preparation techniques and be able to **apply** practical examples to their use **Understand and describe / explain** types of feedback and be able to **apply** practical examples to their use **Understand, describe, explain, evaluate and analyse, applying**	**Assess** physical fitness through the **analysis of data** gained from completing fitness tests **Analyse** the importance of the components of fitness for a chosen sport. Give an **overview** of the key skills required in the activity. **Evaluate** the strengths and weaknesses of the performer being analysed in the given activity. **Analyse** a movement being performed in a chosen physical activity **Classify and justify** the placement of a skill from a chosen activity on the environmental and difficulty continua.	**Define** Health, Fitness and Wellbeing **Explain** the health benefits of physical activity and consequences of a sedentary lifestyle and **apply** this to different age groups **Interpret and respond** to data about health and wellbeing **Define** a balanced diet **Explain** the effect of diet and hydration on energy use in physical activity. **Explain, justify, compare, contrast and analyse** the nutritional requirements of physical activity and sport.

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		Describe, identify, explain and apply knowledge of components of fitness, principles of training, warm up and cool down to s**hort answer questions** **Analyse, justify, evaluate, compare and apply** knowledge of components of fitness, principles of training, warm up and cool down to **long answer questions**	examples of the use of goal setting in response to **short and long answer** questions **Describe and explain** the SMART principle of goal setting with **practical examples** within response to a **short answer question** Be able to **apply** the SMART principle to improve and/or optimise performance, **justifying** your reasons within a **long answer question** response	Choose and **justify** a skill in need for improvement, **applying** appropriate drillis to aid improvement, **applying** the principles of training to the plan. **Setting and explaining** a SMART goal.	
Key Questions	Name and location of *bone* What are the functions of the skeleton? Apply the functions of the skeleton to physical activity. Name and location of *muscle* How do muscles move? Where is a 1st / 2nd / 3rd class lever found? Which lever has the most mechanical advantage? Which movement moves through the transverse / frontal / sagittal plane? Which movement moves around the longitudinal / transverse / frontal axes?	Define stamina / muscular endurance / speed etc. Draw a diagram of the Illinois Agility Test. Identify the most appropriate test for a given component of fitness. Which are the most important components of fitness for a rugby player? Why do we warm up? What are the benefits of a pulse raiser as a part of a warm up? What are the physical benefits of a cool down?	What is a motor skill? Give me an example. What are the components of skillful movement? Where would you place a tennis serve on the environmental / difficulty continuum?	Which components of fitness are needed for your sport? Why? Which skills are needed for your sport? Why? What are your strengths and weaknesses? How do you know? What effect do your weaknesses have on your sporting performance? What are the agonistic pairs in a named movement? Where does your chosen movement fall on each of the continuums? Why? WHy have you selected the drill? How can you progress it? Is your target SMART?	What are the definitions of health / fitness / wellbeing? What are the physical / mental / social benefits of exercise? What effect does a sedentary lifestyle have on physical / social / mental wellbeing? What is a balanced diet? What does protein allow the body to do? What sports person would need a high proportion of protein in their diet? Why?
Assessment	Q and A in Class Multiple choice questions Short answer questions End of unit test Apply knowledge to coursework	Q and A in class Multiple choice questions Short answer questions Long answer questions End of unit test Apply knowledge to coursework	Q and A in class Multiple choice questions Short answer questions Long answer questions End of unit test Apply knowledge to coursework	Coursework - extended writing, split into sections	
Literacy/Numeracy/ SMSC/Character	Interpreting questions Interpreting data Multiple Choice Questions Short answer questions Long answer questions Aspiration, Resilience, Confidence, Initiative.	Interpreting questions Interpreting data Multiple Choice Questions Short answer questions Long answer questions Aspiration, Resilience, Confidence, Initiative.	Interpreting questions Interpreting data Multiple Choice Questions Short answer questions Long answer questions Aspiration, Resilience, Confidence, Initiative.	Extended writing Analysis of data Aspiration, Resilience, Confidence, Initiative.	Interpreting questions Interpreting data Understand the social benefit of exercise Multiple Choice Questions Short answer questions Long answer questions Aspiration, Resilience, Confidence, Initiative.

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