



Gordon's School Physical Education Department

Year 10 GCSE - Curriculum Map – Component One



Revision

You will revise for your Year 9 exams, spending time on recall of information from the topics covered and applying knowledge to exam questions.



Injury Prevention

You will learn how the risk of injury in physical activity can be minimised and be able to apply practical examples. You will also identify the potential hazards in a range of physical activity and sports setting, applying examples.



Warm up and Cool down

You will learn about the components of a warm up and cool down, applying practical examples to both. You will also understand the benefits of a warm up and cool down on physical activity whilst designing your own for a chosen sport.

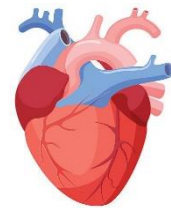
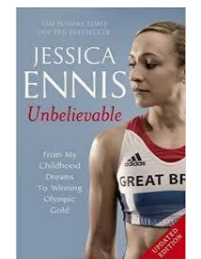
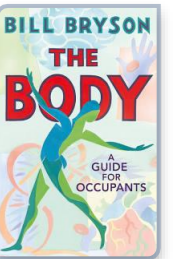
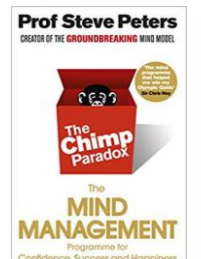
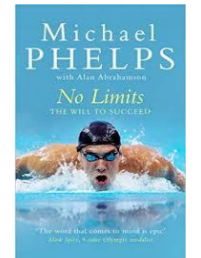


Types of Training

You will learn about the Types of Training and apply knowledge to design a programme to improve different components of fitness.



Recommended Reading



Effects of Exercise

You will learn to describe and explain the short term and long-term effects of exercise on the **Cardiovascular System** including key terms: Heart rate, Stroke Volume and Cardiac Output.

Effects of Exercise

You will learn to describe and explain the short term and long-term effects of exercise on the **Respiratory System** including key terms: Breathing rate, Tidal Volume and Minute Ventilation.



Summer Term

Effects of Exercise

You will learn to describe and explain the short term and long-term effects of exercise on the **Muscular System** including key terms: Hypertrophy, lactic acid, resistance to fatigue.

Components of fitness

You will develop your knowledge of understanding of the components of the components of fitness, be able to define them and apply them to a range of practical examples from physical activities and sport. You will be able to collect and use data related to the components of fitness.



Principles of Training

You will learn about the Principles of Training (SPOR and FITT), their definitions and be able to apply them to a personal exercise/training e.



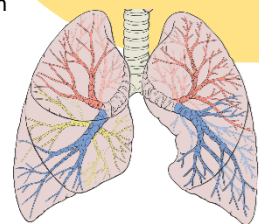
Aerobic v Anaerobic

You will learn about aerobic and anaerobic exercise and be able to apply practical examples in relation to intensity and duration

Spring Term

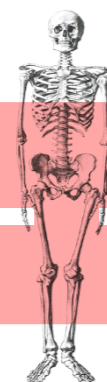
Respiratory System

You will learn about the pathway of air through the respiratory system, be able to explain the mechanics of breathing including gaseous exchange



Cardiovascular System

You will learn about the double-circulatory system, the structure and function of the heart including the differences between arteries, capillaries and veins. You will also learn about the pathway of blood through the heart and the role of red blood cells



Planes of Movement

the location of the frontal, transverse and sagittal planes of movement and their application to physical activity and sport.



Lever Systems

You will learn about the three classes of lever and apply practical examples to each. You will also learn about mechanical advantage provided by levers.



Axes of Rotation

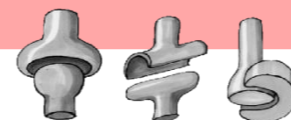
You will learn the location of the frontal, transverse and longitudinal axes of rotation and their application to physical activity and sport.



Autumn Term

Skeletal System

You will learn to identify and locate the major bones in the body and to understand and apply examples of the functions of the skeleton.



Joints and Types of Movement

You will learn to identify the types of movement that take place at a hinge joint and ball and socket joint. You will also be able to explain the role of cartilage, ligaments, tendons, synovial membrane, and synovial fluid.



Muscular System

You will learn to identify and locate the major muscles in the body and apply their use to sport. You will also learn about antagonistic muscle action applied to practical examples.

AEP

Using the knowledge and understanding of the course so far, you will complete the Analysing and Evaluating Performance (AEP) task (J587/03). This involves analysing aspects of personal performance in a practical activity, evaluating the strengths and weaknesses of the performance and producing an action plan to improve the quality and effectiveness of the performance.

Your Year 10 GCSE course starts here...



Gordon's School Physical Education Department

Year 11 GCSE - Curriculum Map – Component Two



You will learn



University to study a sports science/ sports degree.

Jobs in Sport

Use your GCSE and sport experience to gain employment in a sports setting, alongside your studies. e.g. leisure centre, coaching, refereeing.

Gordon's Sixth Form

Start a course in A level Physical Education at Gordon's

Revision

You will apply your knowledge to exam practice.

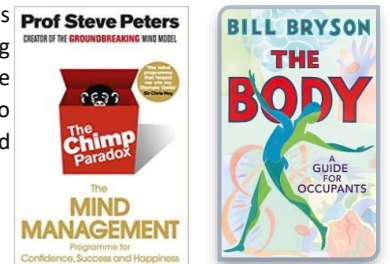
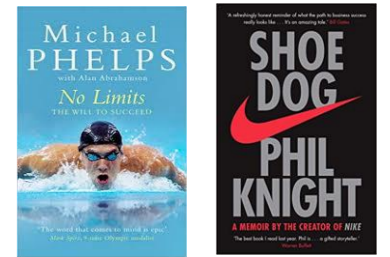


Flash Cards

Health, Fitness and Wellbeing

You will learn what is meant by health, fitness and well-being and understand the physical, emotional and social benefits of physical activity along with the consequences of a sedentary lifestyle. You will be able to apply these to different age groups and interpret associated data.

Recommended Reading



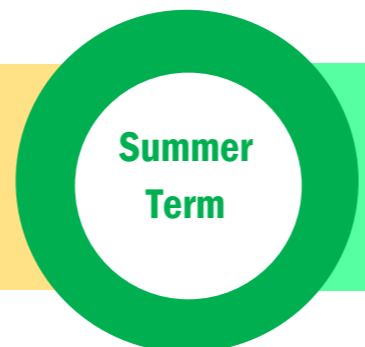
Diet & Nutrition

You will learn the definition and components of a balanced diet along with understanding the effect of diet and hydration on energy use in physical activity. You will also be able to apply examples from physical activity and sport.



Types of Feedback

You will learn and understand the different types of feedback and be able to apply practical examples to their use.



Summer Term

Summer Holiday

Enjoy one of the longest summers off and keep playing sport!



Mental Preparation

You will learn about the four types of mental preparation and be able to apply practical examples to each. You will be able to explain the effects and benefits of mental preparation.



Goal Setting

You will be able to apply examples of the use of goal setting along with understanding and applying the SMART principle to optimise performance.



Types of Guidance

You will learn about the different types of guidance (visual, verbal, manual and mechanical) along with their advantages and disadvantages, plus practical examples for each.



Year 11 Mocks – Components 1 and 2



Strategies to improve participation

You will learn to identify and describe strategies that can be used to improve participation: Promotion, Provision and Access.



Violence in Sport

You will learn and understand the reasons for player violence and be able to apply practical examples of violence in sport.

AEP

Using the knowledge and understanding of the course so far, you will complete the Analysing and Evaluating Performance (AEP) task (J587/03). This involves analysing aspects of personal performance in a practical activity, evaluating the strengths and weaknesses of the performance and producing an action plan to improve the quality and effectiveness of the performance.

Drugs in Sport

You will learn and understand the reasons sports performers use PEDs as well as the types of drugs, examples and their effect on performance.



Ethics in Sport

You will learn and understand the value of sportsmanship, the reasons for gamesmanship and deviance and be able to apply practical examples to these concepts.



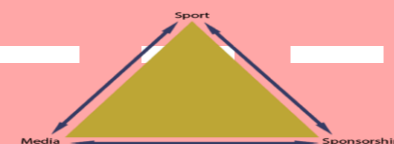
Physical Activity and Sport in the UK

You will learn about current trends in participation in physical activity and sport using different sources including Sport England, NGBs and the Department of Culture, Media and Sport (DCMS).



Participation in Physical Activity and Sport

You will understand how different factors affect participation including: age, gender, ethnicity, religion, family, education, work, income, disability, access, discrimination, environment, media and role models.



Current trends

You will learn to identify and assess current trends in physical activity in different social groups along with analysing data to assess participation trends.



Your Year 11 GCSE continues here...

Autumn Term

Spring Term

Summer Term

Classification of Skills

You will learn about the continua used in the classification of skills and be able to apply practical examples with justification for their placement on the continua.



Characteristics of Skill

You will learn the definition of motor skills, understand and be able to apply practical examples of the characteristics of skilful movement.

Commercialisation

You will learn to identify different types of media (social, internet, TV, Newspapers) and learn the meaning of commercialism. You will be able to explain the relationship between sport, sponsorship and the media.

