

SJBC Curriculum Termly Plan: Y10 GCSE PE

Term	Topic(s) and links to other subjects	Core Knowledge	Core Vocabulary	Assessment	Resources
Autumn 1	<ul style="list-style-type: none"> • 1.1.a the structures and function of the skeletal system • 1.1.b the structures and function of the muscular system • 1.1.c movement analysis • Practical team sport 	<ul style="list-style-type: none"> • To know the structure of the musculoskeletal system and how bones, tendons, ligaments and muscles can support sporting movements. • To know the different lever systems and be able to identify each lever in different sporting movements. • To know how a mechanical advantage or disadvantage can impact on • To know the different planes and axes in sport and how they apply to different sporting movements • To enhance physical fitness and proficiency in a chosen team sport 	<ul style="list-style-type: none"> • Describe • Explain • Provide • Function • Ligaments • Tendon • Agonist and antagonist • Synovial fluid • synovial membrane • Cartilage • Hinge / ball and socket joints • Flexion, extension, abduction, adduction, rotation and circumduction • Fulcrum, load and effort • Sagittal, frontal and transverse planes 	<ul style="list-style-type: none"> • 30-minute end of topic tests • Practical team sport moderation • PPE's 	<ul style="list-style-type: none"> • Everlearner • BBC Bitesize • PE classroom • Youtube channels (Everlearner, TeachMeAnatomy, Mr Evans PE, James Morris PE, Craig n Dave) • CGP revision booklet

			<ul style="list-style-type: none"> • Transverse, frontal and longitudinal axis 		
Spring	<ul style="list-style-type: none"> • 1.2 Components of fitness • 1.2b Applying the principles of training • 1.2c Preventing injury in physical activity and training • 2.2 Sports psychology • 2e coursework unit 	<ul style="list-style-type: none"> • To develop their knowledge and understanding of the components of fitness required for physical activities and sports and how each can be measured • develop their knowledge and understanding of components of fitness, including cardiovascular endurance, muscular endurance, speed, strength, flexibility and agility • be able to define each component and be able to apply using a range of practical examples from physical activities and sport • develop their knowledge and understanding of how movement skills are learned and performed, the characteristics and classification of skillful movement, along with the role of goal setting and mental preparation. • be able to collect and use data related to the identified components of fitness 	<ul style="list-style-type: none"> • Describe • Evaluate • Analyse • Speed body composition • Flexibility • Endurance • Injury prevention • RICE • Overuse • Specificity • Progression • Reversibility • Recovery • Variety • Motivation • Confidence • Goal setting • Visualization • Self-talk • Stress management • Research • Practical assessment • Data analysis 	<ul style="list-style-type: none"> • 30-minute end of topic tests • Practical team sport moderation • PPE's 	<ul style="list-style-type: none"> • Everlearner • BBC Bitesize • Youtube channels • Everlearner • CGP revision booklet

		<ul style="list-style-type: none">• understand how to prevent injury when participating in sport. Be able to Identify the potential hazards. Know the risk can be minimized by using appropriate equipment, clothing, technique• demonstrate their ability to analyse and evaluate their own practical performance or that of a peer, identifying strength and weaknesses.• Learners will produce an action plan with the aims to improve the quality and effectiveness of performance.	a		
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SJBC Curriculum Termly Plan: Y11 GCSE PE

Term	Topic(s) and links to other subjects	Core Knowledge	Core Vocabulary	Assessment	Resources
Autumn 1	<ul style="list-style-type: none"> • Action plan AEP Task • 2.2 sports psychology • 2.3 health, fitness and well-being • Practical individual sport 	<ul style="list-style-type: none"> • To produce an action plan (not to be implemented) to improve an aspect of the performance of the performer being analysed in their chosen activity • To understand how goal setting can be used to maximise motivation • To understand the importance of setting targets in sport that are SMART • To understand the difference between physical, emotional and social health and how each can be benefitted through sport. • To know the effects of a sedentary lifestyle and how sport and physical activity can be used to prevent these. • To understand the different components of a healthy diet, and how each 	<ul style="list-style-type: none"> • SMART • Reps • Sets • SPOR • FITT • Health • Fitness • Wellbeing • Sedentary lifestyle • Physical • Emotional • Social • Balanced diet 	<ul style="list-style-type: none"> • 30-minute end of topic tests • Practical individual sport moderation • PPE's 	<ul style="list-style-type: none"> • Everlearner • BBC Bitesize • PE classroom • Youtube channels (Everlearner, TeachMeAnatomy, Mr Evans PE, James Morris PE, Craig n Dave) • CGP revision booklet

		effect energy use in physical activity.			
Spring	<ul style="list-style-type: none"> Action plan AEP Task 2.2 sports psychology 2.3 health, fitness and well-being Practical individual sport 	<ul style="list-style-type: none"> To produce an action plan (not to be implemented) to improve an aspect of the performance of the performer being analysed in their chosen activity To understand how goal setting can be used to maximise motivation To understand the importance of setting targets in sport that are SMART To understand the different between physical, emotional and social health and how each can be benefitted through sport. To know the effects of a sedentary lifestyle and how sport and physical activity can be used to prevent these. To understand the different components of a healthy diet, and how each effect energy use in physical activity. 	<ul style="list-style-type: none"> SMART Reps / Sets SPOR / FITT Health & Fitness Wellbeing Sedentary lifestyle Physical Emotional Social Balanced diet Open / Closed skill Continuum Simple / Complex Participation Commercialisation PEDS Violence Skilful movement Classification of skills Goal setting Mental preparation Guidance / Feedback 	<ul style="list-style-type: none"> 30-minute end of topic tests Practical individual sport moderation PPE's 	<ul style="list-style-type: none"> Everlearner BBC Bitesize PE classroom Youtube channels (Everlearner, TeachMeAnatomy, Mr Evans PE, James Morris PE, Craig n Dave) CGP revision booklet CGP Flashcards