



## Year 10 PE GCSE Curriculum Map

<b>Overview</b>	<p>The GCSE PE course covers how the human body performs within physical activity and the influence socio-cultural factors impact sport.</p> <p>Year 10 begins with the health, fitness and wellbeing of the person and the impact this has on the performer before the focus is predominantly focused on how the body moves in physical activity (applied anatomy and physiology, movement analysis and physical training).</p> <p>Students will regularly test their knowledge answering short answer questions on The EverLearner and completing past paper questions, which leads into the Year 10 mock exams in the Summer term. Students will develop a range of skills that will allow them to link the knowledge to sporting situations and evaluate the impact this has on performance. GCSE PE builds on the practical and theoretical skills that are intertwined in KS3 but in more complex ways to further students' understanding.</p>				
<b>Year 10 GCSE PE</b>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 & 2
<b>Topic</b>	Health fitness and wellbeing	Applied anatomy and physiology	Movement analysis	Sport psychology	Physical training
<b>Knowledge</b>	Benefits of participating in physical activity and sport to health, fitness and wellbeing.	Understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.	Basic principles of movement and their effect on performance in physical activity and sport.	Psychological factors that can affect performers in physical activity and sport.	Principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes.
<b>Skills</b>	Describe and justify the key terms and the impact a performer's health and fitness has on their performance.	Describe, recall and explain the functions of key terms.	Identify and illustrate the correct classification of movement to different sporting examples.	Define, explain and evaluate psychological factors that impact performers in sport.	Define, justify and evaluate the concepts that need to be considered for a person to perform to their maximum in physical activity and sport.