



KS4 Learning Overview

Physical Education

Exam Board: Edexcel / Pearson

Year 10		
Term	Topics	Extra learning opportunities
Autumn 1	Introduction to PEP-coursework element of GCSE PE (worth 10%) Components of fitness- Health Related x 5 and Skill Related x 6 Fitness tests- theory and practice SMART targets/Goal setting (needed for PEP, repeated in Yr.11)	Ronaldo -Tested to the Limit video Fitness tests
Autumn 2	Principles of Training (FIRSTOP) Apply principles to PEP 5 Different Fitness classes Methods of training (PCCWIF) Apply methods to PEP Identification and treatment of injury Injury prevention-reduce risk Performance Enhancing Drugs (PEDs)	Videos of the 5 different video classes. Take part X rays of Mr Arnall broken fibula
Spring 1	5 Functions of the skeletal system Classification of bones Classification of joint, movement possibilities at joints, ligaments and tendons Classification and roles of muscles Location and roles of 12 voluntary muscles Antagonistic pairs Fast and slow twitch muscle fibres	Use of skeleton in class Identify muscles and bones on peers in class with stickies
Spring 2	Structure and function of CV system Arteries, veins and capillaries Vascular shunting Components of blood Respiratory system Structure and function of alveoli Energy sources, aerobic and anaerobic Long and short term effects of exercise on the Musculo-skeletal system and on the Cardio-respiratory system	In sports hall, flow of blood around the heart using equipment to demonstrate correct flow of blood.

<p>Summer 1</p>	<p>PEP- coursework. Plan a circuit. Test 100m, Long Jump and Shot Putt. Conduct a battery of fitness tests and collect data pre PEP 8 practical sessions completing circuit training Write up evaluation in computer rooms as we conduct the training.</p>	<p>Can research PEP outside of school to improve their own coursework</p>
<p>Summer 2</p>	<p>Re-test the 100m, Long Jump and Shot Putt post PEP. Re-test the battery of fitness tests post PEP and collect data. Complete PEP coursework evaluation of circuit training in computer rooms</p>	