

## Curriculum Overview – Autumn Term 2022-2023

**Subject:** Physical Education  
**Year group:** GCSE Year 10

Unit number	Unit name	Key learning aspects (knowledge, understanding, skills)	Key assessment opportunities
1.1	<b>Structure and Function of the musculo-skeletal system</b>	<ul style="list-style-type: none"> <li>• The functions of the skeleton applied to performance in physical activities and sports</li> <li>• Classification of bones</li> <li>• Structure</li> <li>• Classification of joints</li> <li>• Movement possibilities at joints dependent on joint classification</li> <li>• The role of ligaments and tendons</li> <li>• Classification and characteristics of muscle types</li> <li>• Location and role of the voluntary muscular system</li> <li>• Antagonistic pairs of muscles</li> <li>• Characteristics of fast and slow twitch muscle fibre types</li> <li>• How the skeletal and muscular systems work together to allow participation in physical activity and sport</li> </ul>	<ul style="list-style-type: none"> <li>• Kinesiology; students must be able to identify various different parts of the muscular-skeletal system and explain their respective functions and their pertinence and relevance in sports performance.</li> <li>• Formative and summative assessments</li> <li>• Mini quizzes</li> <li>• Regular homework</li> <li>• Exam style questions</li> <li>• Topic test</li> <li>• End of term exam</li> </ul>
1.2	<b>The structure and functions of the cardio-respiratory system</b>	<ul style="list-style-type: none"> <li>• Functions and structure</li> <li>• Structure of arteries, capillaries and veins</li> <li>• Redistribution of blood flow</li> </ul>	<ul style="list-style-type: none"> <li>• Formative and summative assessments</li> </ul>

		<ul style="list-style-type: none"> <li>• Function and importance of red and white blood cells, platelets and plasma for physical activity and sport</li> <li>• Composition of inhaled and exhaled air</li> <li>• Vital capacity and tidal volume</li> <li>• Location of main components of respiratory system</li> <li>• Structure of alveoli to enable gas exchange</li> <li>• How the cardiovascular and respiratory systems work together to allow participation in physical activity and sport</li> </ul>	<ul style="list-style-type: none"> <li>• Mini quizzes</li> <li>• Regular homework</li> <li>• Exam style questions</li> <li>• Topic test</li> <li>• End of term one exam</li> </ul>
<b>1.3</b>	<b>Anaerobic and aerobic exercise</b>	<ul style="list-style-type: none"> <li>• Energy</li> <li>• Energy sources</li> </ul>	<ul style="list-style-type: none"> <li>• Formative and summative assessments</li> <li>• Regular homework</li> <li>• Mini quizzes</li> <li>• Exam style questions</li> <li>• Topic test</li> <li>• End of term one exam</li> </ul>
<b>1.4</b>	<b>The short- and long-term effects of exercise</b>	<ul style="list-style-type: none"> <li>• Short-term effects of exercise</li> <li>• How the respiratory and cardiovascular systems work together</li> <li>• Long-term effects of exercise on the body systems</li> <li>• Interpretation of graphical representations of heart rate, stroke volume and cardiac output values at rest and during exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Formative and summative assessments</li> <li>• Mini quizzes</li> <li>• Regular homework</li> <li>• Exam style questions</li> <li>• Topic test</li> <li>• End of term one exam</li> </ul>

