

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	Structure and Function of the musculo-skeletal system	<ul style="list-style-type: none"> • The functions of the skeleton applied to performance in physical activities and sports • Classification of bones • Structure • Classification of joints • Movement possibilities at joints dependent on joint classification • The role of ligaments and tendons • Classification and characteristics of muscle types • Location and role of the voluntary muscular system • Antagonistic pairs of muscles • Characteristics of fast and slow twitch muscle fibre types • How the skeletal and muscular systems work together to allow participation in physical activity and sport 	<ul style="list-style-type: none"> • 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. • Formative and summative assessments • Mini quizzes • Regular homework • Exam style questions • Topic test • End of term exam
1.2	The structure and functions of the cardio-respiratory system	<ul style="list-style-type: none"> • Functions and structure • Structure of arteries, capillaries and veins • Redistribution of blood flow 	<ul style="list-style-type: none"> • Formative and summative assessments

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

