

Subject:

Physical Education



HECKMONDWIKE
GRAMMAR SCHOOL

KS4 - Year 10 Curriculum Overview

	Topics being taught	What you will be assessed on	How you can support at home
Autumn Term	<p>Paper 1: Anatomy and Physiology – identification of bones, muscles and joints. Structure and function of the skeleton. Types of movement at the joint</p>	<p>Term 1 Identification of location of bones, muscles and joints. Classification of skill</p>	<p>Application of knowledge to sporting examples. Participate in regular physical activity.</p>
	<p>Paper 2: Classification of skill and definitions of types of goals The use of goal setting – SMART targets</p>	<p>Term 2 Location of bones, muscles and joints. Types of movement Classification of skill and goal setting</p>	<p>Complete online tasks https://thepeclassroom.com/login/</p> <p>Start working through extended learning booklet</p> <p>Completion of homework task Participate in regular physical activity</p>

CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS

	Topics being taught	What you will be assessed on	How you can support at home
Spring Term	<p>Paper 1: Movement Analysis- Planes and Axes of Movement Components of Fitness – definitions and links to sport. Fitness Tests – theory and practical application</p>	<p>Term 3 Movement Analysis – planes and axes Components of Fitness</p>	<p>Complete online tasks https://thepeclassroom.com/login/</p>
	<p>Paper 2: Basic Information Processing Guidance and Feedback on performance</p>	<p>Term 4 Fitness Tests Information Processing continued assessment on topics from Autumn Term</p>	<p>Continue to work on extended learning booklets</p> <p>Continue to work on practical performance outside of school</p> <p>Complete all homework tasks to a high standard</p>

EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS

	Topics being taught	What you will be assessed on	How you can support at home
Summer Term	<p>Paper 1: Principles of Training – SPORT and FITT principles Types of Training – continuous, circuit, interval, fartlek, weight training, plyometrics – advantages and disadvantages Prevention of Injury Specific training techniques – altitude training Seasonal aspects of training</p>	<p>Term 5 Practical assessment on Types of Training and Components of Fitness Ongoing assessment of course content using exam questions in class</p>	<p>Complete online tasks https://thepeclassroom.com/login/</p>
	<p>Paper 2: Mental Preparation for performance – Inverted U theory, personality types Introduction to Engagement Patterns in Sport</p>	<p>Term 6 Mock Exam – Paper 1 and 2 examined on content covered so far in the course</p>	<p>Begin to get video evidence of practical performance for summer activities</p> <p>Revision for mock exam</p> <p>Continue to use extended learning task booklets and relevant revision guides</p>