

St Thomas More RC College Curriculum Topic Overview commencing September 2021

Subject: GCSE PE Year Group: 10

Week	Autumn
1	Structure and Function of the skeletal system: Location of 19 major bones
2	Structure and Function of the skeletal system: Functions of the skeleton
3*	Structure and Function of the skeletal system: Types of synovial joint
4	Structure and Function of the skeletal system: Components of a synovial joint
5	Structure and Function of the skeletal system: Movement at hinge and ball and socket joints
6*	Structure and Function of the muscular system: Location of 11 muscle groups and their roles in movement
7*	Movement analysis: Three types of lever systems
8	Movement analysis: Planes of movement and axes of rotation
9	Movement analysis: Movement analysis in a chosen sport
10	Structure and Function of the Cardiovascular system: Double circulatory system
11	Structure and Function of the Cardiovascular system: Types of blood vessels
12*	Structure and Function of the Cardiovascular system: Pathway of blood through the heart
13	Structure and Function of the Cardiovascular system: Definitions of Heart rate / stroke volume / Cardiac output & the role of red blood cells
14	Structure and Function of the Respiratory system: Pathway of air
15*	Structure and Function of the Respiratory system: the role of the respiratory muscles

Week	Spring
16	Structure and Function of the Respiratory system: Gas exchange process
17	Structure and Function of the Respiratory system: Aerobic and anaerobic exercise
18*	Effects of exercise on the body systems: Short term effects
19*	Effects of exercise on the body systems: Long term (training) effects
20	Physical Training: The 10 components of fitness and associated tests
21	Physical training: Importance the components of fitness in a chosen sport
22*	Physical Training: The principles of training SPOR
23	Physical Training: Progressive drills
24*	Physical Training: Optimising training FITT & types of training
25	Physical Training: Components of a warm and cool down and benefits of each
26	Physical Training: Planning a training programme
27*	Sports Psychology: Characteristics of skilful movement

Week	Summer
28	Sports Psychology: Skills important in a chosen sport
29	Sports Psychology: Classification of skills (Difficulty and Environmental)
30	Sports Psychology: Skill continuum application
31	Sports Psychology: Goal setting
32	Sports Psychology: Goal setting in different activities
33	Sports Psychology: Mental preparation
34	Sports Psychology: Types of feedback and guidance
35*	Physical training: Prevention of injury
36	Review of applied anatomy and physiology
37	Review of applied anatomy and physiology

38	Review of physical training
39	Review of sports psychology

St Thomas More RC College Curriculum Topic Overview commencing September 2021

Subject: GCSE PE Year Group 11

Week	Autumn
1	Engagement patterns of social groups: Physical Activity and sport in the UK
2	Engagement patterns of social groups: Participation in physical activity and sport
3	Engagement patterns of social groups: Factors affecting participation
4	Engagement patterns of social groups: Strategies to improve participation
5	Commercialisation of sport: Types of media and sponsorship and its influence on sport
6	Commercialisation of sport: Commercialism, sponsorship, and media (The golden triangle)
7	Commercialisation of sport: Positive and negative effects of sponsorship and media on sport
8	Ethics in sport: sportsmanship, gamesmanship and deviance
9	Ethics in sport: Drugs in sport (steroids, beta blockers and stimulants)
10	Ethics in sport: The impact of drug use on performers and sport
11	Ethics in sport: Violence in sport
12	Health Fitness and wellbeing: Benefits of exercise
13	Health Fitness and wellbeing: Consequences of a sedentary lifestyle
14	Health Fitness and wellbeing: Diet and nutrition (balanced diet)
15	Health Fitness and wellbeing: Diet and nutrition

Week	Spring
16	Review of engagement patterns of social groups
17	Review of Commercialisation in sport
18	Review of Ethics in sport: Drug use
19	Examination technique: Mark like an examiner
20	Examination technique: Multiple choice questions
21	Examination technique: Section A short answer questions
22	Examination technique: Practice paper
23	Examination technique: Answering an extended question
24	Examination technique: Data analysis questions
25	Active recall revision: Applied anatomy and Physiology
26	Active recall revision: Applied anatomy and Physiology
27	Active recall revision: Physical training

Week	Summer
28	Active recall revision: Sports Psychology
29	Active recall revision: Engagement patterns of different social groups in sport
30	Active recall revision: Commercialisation in sport
31	Active recall revision: Ethics in sport
32	Active recall revision: Health and wellbeing