

Physical Education Long Term Plan Year 10

Temperance Term

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	HALF TERM
Topic	Paper 1 - 3.1.1 Applied Anatomy and Physiology (Unit 1) 3.1.1.1 – The Structure and Functions of the Musculoskeletal System							
SPS - Challenge	Course Introduction Bones and the structure of the skeleton.	Functions of the skeleton.	Structure of a synovial joint.	Freely moveable joints that allow different movement	Knowledge of the muscles of the body.	Antagonistic muscles and the major joints of the skeleton to affect movement.	Types of contraction	
	Paper 1 – 3.1.3 Physical Training (Unit 3)							
BPS - Challenge	Relationship between Health and Fitness	Components of Fitness / Linking sports	Measuring the Components of Fitness	Measuring the Components of Fitness	Principals of Training and Overload and Preventing Injury	Training Zones and the Methods of Training	Use of qualitative and quantitative data, presenting data (UNIT 4)	
Inspire	Explain the role of long bones in performance	Justify the importance of a COF in sporting example	Explain how blood cell production aids performance Evaluate the relevance of tests in relation to sporting activities	Analyse different joint types with reference to a sporting activity	Evaluate appropriate training methods for various fitness needs	Evaluate appropriate training methods for various fitness needs	Explain the contraction occurring during the downward phase of a bicep curl	
Assessment	Formative, in-class assessment	Distributed summative assessment	Peer assessment of current in class topic	Summative, formal assessment / exam paper questions	Distributed summative assessment	Formative, in-class assessment	Summative, formal assessment / exam paper questions	

W/C	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	CHRISTMAS
Topic	Paper 1 - 3.1.1 Applied Anatomy and Physiology (Unit 1)	Paper 1 – Movement Analysis (Unit 2) 3.1.2.1/2 - Levers, Mechanical Advantage, Planes and Axes					

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SPS - Challenge	Consolidate / link knowledge within topic	Planes of the body.	Axes of the body -	First, second and third-class levers. -	Mechanical advantage.	Consolidation of movement analysis / test	
Paper 1 – 3.1.3 Physical Training (Unit 3)							
BPS - Challenge	Short and Long-term effects of exercise	Effective use of a warm-up/ cool down Constituent parts of a warm-up	Specific Training Techniques (Altitude)	Seasonal Aspects	Consolidation of Physical Training Unit	End of Unit Test	
Inspire	Justify long term effects on exercise on a 25 year old athlete	Justify appropriate elements of warm-ups and cool down	Analyse the movement at the hip joint, referencing planes & axis	Evaluate the use of altitude training as a specific training technique	Evaluate the efficiency of different lever type	Justify appropriate training methods for various COF	
Assessment	Self-assessment of challenge objective - EBI	Formative, in-class assessment	Distributed summative assessment	Peer assessment of current in class topic	Self-assessment of challenge objective - EBI	Summative, formal assessment / exam paper questions	

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Justice Term

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Topic	Paper 1 - 3.1.1 Applied Anatomy and Physiology (Unit 1) 3.1.1.2 – The Structure and Functions of the Cardio-Respiratory System						
SPS - Challenge	Blood vessels. - Analyse the structure of blood vessels	Structure of the heart/ The cardiac cycle (pathway of blood) -	Cardiac output and stroke volume (including the effects of exercise).	The pathway of air The gaseous exchange.	Mechanics of breathing	Interpretation of a spirometer trace.	
	Paper 1 - 3.1.1 Applied Anatomy and Physiology (Unit 1) 3.1.1.2 – The Structure and Functions of the Cardio-Respiratory System						
BPS - Challenge	Recovery Method 1 – Cool Down / EPOC	Recovery Method 2 – Ice Bath / Massage	Recovery Method 3 – Manipulation of Diet	Aerobic and anaerobic exercise	Oxygen debt	Consolidation of Unit 1 content/ end of unit test	
Inspire		Justify the use of a cool down and ice bath as recovery methods for a netballer after a match	Calculate the change of Q during exercise	Explain how the structure of alveoli and capillaries aid the process of gaseous exchange Justify why Michael Johnson's 400m world record was mainly aerobic or anaerobic	Explain the changes in the mechanics of breathing during exercise	Explain how different energy systems are used during a team game	
Assessment	Peer assessment of current in class topic	Distributed summative assessment	Formative, in-class assessment	Self-assessment of challenge objective - EBI	Summative, formal assessment / exam paper questions	Practical Assessment	

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Topic	Paper 2 – 3.2.3 Health Fitness and Well-Being (Unit 6) 3.2.3.1 – Physical, Emotional and Social Health, Fitness and Well-Being						

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SPS - Challenge	The meaning of health and fitness: physical, mental/emotional and social health The consequences of a sedentary lifestyle.	Obesity and how it may affect performance in physical activity and sport	Energy use. Reasons for having a balanced diet and the role of nutrients.	The role of carbohydrates, fat, protein, vitamins and minerals.	Reasons for maintaining water balance (hydration) and further applications.	Somatotypes.		
Paper 2 - 3.2.1 Sports Psychology (Unit 5)								
BPS - Challenge	Classification of Skills	SMART Targets	Information Processing	Guidance and Feedback	Mental preparation for performance - Arousal	Methods to Control Arousal		
Inspire	Justify mental health's inclusion in overall well-being	Evaluate the role of performance and outcome goals	Justify the dietary requirements for a given athlete	Explain how basal metabolic rate affect calorie consumption	Evaluate the consequences of dehydration to performance in different sporting activities	Justify the somatotypes for a given sporting role.		
Assessment	Peer assessment of current in class topic	Distributed summative assessment	Formative, in-class assessment	Self-assessment of challenge objective - EBI	Summative, formal assessment / exam paper questions	Practical Assessment		

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Courage Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Topic	Part 3 - Introduction to the Written NEA Coursework						
SPS Challenge	Introduction to the Written NEA Coursework Analysis – Component of fitness Strength	Analysis – Component of fitness Strength	Analysis – Skill Strength	Analysis – Skill Strength	Analysis – Component of Fitness Weakness	Revision Unit 1/2	
	Paper 2 - 3.2.1 Sports Psychology (Unit 5)						
BPS Challenge	Aggression in Sport	Motivation	3.1.4 - Use of Data Analyse and Evaluate data	Consolidation of learning of sports psychology	Unit test/ Revision	Revision Unit 3	
Inspire	Justify the type of guidance and feedback for performers	Evaluate the merits of intrinsic and extrinsic motivation in sport	Analyse the changes on a spirometer trace graph	Achieve a top band response	Achieve a top band response	Analyse the changes on a spirometer trace graph	
Assessment	Peer assessment of current in class topic	Distributed summative assessment	Distributed summative assessment	Formative assessment in class with class teacher	Summative, formal assessment / exam paper questions	Self-assessment of challenge objective - EBI	

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER
Topic	Year 10 Mock Exams (Paper 1)	Introduction to the Written NEA Coursework					
SPS Challenge		Analysis – Component of Fitness Weakness	Analysis – Skill Weakness	Analysis – Final draft	Work experience	Analysis – Final draft	



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BPS Challenge		Analysis – Component of Fitness Weakness	Analysis – Skill Weakness	Analysis – Final draft		Analysis – Final draft	
Inspire							
Assessment							