

### Curriculum Sequencing Overview – Year 10 GCSE PE

Week	1 (6-8 Sept)	2 (11-15 Sept)	3 (18-22 Sept)	4 (25-29 Sept)	5 (2-6 Oct)	6 (9-13 Oct)	7 (1-3 Nov)	8 (6-10 Nov)
<b>Unit Theme and Assessed Knowledge/ Skills</b>	Introduction of the course. 3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport
<b>Lesson Topics Sequence &amp; Content</b>	The structure and function of the muscular system.  Identification of bones, structure of the skeleton and function of skeleton	The structure and function of the muscular system.  Muscles of the body, structure of synovial joints	The structure and function of the muscular system.  Types of freely movable joints that allow different movement, how joints differ and types of movement around a joint	The structure and function of the muscular system.  Antagonistic muscle pairs	The structure and functions of the cardio-respiratory system.  The pathway of air and gaseous exchange	The structure and functions of the cardio-respiratory system.  Blood vessels	The structure and functions of the cardio-respiratory system.  Structure of the heart, cardiac cycle and pathway of the blood	The structure and functions of the cardio-respiratory system.  Cardiac output, stroke volume and heart rate
<b>Key Assessments</b>				End of topic test -The structure and function of the muscular system				



Week	9 (13-17 Nov)	10 (20-24 Nov)	11(27Nov–1 Dec)	12 (4-8 Dec)	13 (11-15 Dec)	14 (2-5 Jan)	15 (8-12 Jan)	16 (15-19 Jan)
<b>Unit Theme and Assessed Knowledge/ Skills</b>	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport
<b>Lesson Topics Sequence &amp; Content</b>	The structure and functions of the cardio-respiratory system.  Mechanisms of breathing	The structure and functions of the cardio-respiratory system.  Interpretation of spirometer	Anerobic and aerobic respiration.  Anerobic and aerobic terminology and practical examples	Anerobic and aerobic respiration.  EPOC/O <sub>2</sub> debt as a results of anaerobic exercise and lactic acid and recovery.	Short and long term effects of exercise.  Immediate effects, short term effects, long term effects	Movement analysis  First, second and third class levers within sporting examples	Movement analysis  Movement analysis and analysis of basic movement in sports	Movement analysis  Planes and axes
<b>Key Assessments</b>		End of unit test The structure and functions of the cardio-respiratory system.			End of unit test. Anerobic and aerobic respiration and short and long term effects of exercise.			End of topic test Movement analysis



Week	17 (22-26 Jan)	18 (29Jan – 2Feb)	19 (5-9 Feb)	20 (19-23 Feb)	21 (26Feb-1Mar)	22 (4-8 Mar)	23 (11-15 Mar)	24 (18-22 Mar)
<b>Unit Theme and Assessed Knowledge/ Skills</b>	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport
<b>Lesson Topics Sequence &amp; Content</b>	Physical training  The relationship between health and fitness, the components of fitness and Linking sports to physical activity.	Physical training  Reasons for and limiting of fitness testing, measuring components of fitness.	Physical training  Demonstration on data collection.	The principles of training  The principles of training and overload and application of principles of training.	The principles of training  Types of training, advances and disadvantages.	Optimise training and prevent injury  Calculating intensity	Optimise training and prevent injury  Consideration to prevent injury	Optimise training and prevent injury  Specific training and seasonal training
<b>Key Assessments</b>			End of topic test Physical training.					



<b>Week</b>	<b>25 (25-28 Mar)</b>	<b>26 (15-19 Apr)</b>	<b>27 (22-26 Apr)</b>	<b>28 (29Apr-3May)</b>	<b>29 (7-10 May)</b>	<b>30 (13-17 May)</b>	<b>31 (20-24 May)</b>	<b>32 (3-7 Jun)</b>
<b>Unit Theme and Assessed Knowledge/ Skills</b>	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	NEA performance analysis	NEA performance analysis	NEA performance analysis	NEA performance analysis	NEA performance analysis
<b>Lesson Topics Sequence &amp; Content</b>	Effective use of warm up and cool down.	Use of data and presenting data	analysis and evaluate data	Identifying strengths and weaknesses	Identifying strengths and weaknesses	Identifying strengths and weaknesses	Improvements and action plan	Improvements and action plan
<b>Key Assessments</b>	Principles of training, optimising training, injury prevention and warmup/cool down. End of topic assessment.		Data end of topic assessment.	NEA coursework completion	NEA coursework completion	NEA coursework completion	NEA coursework completion	NEA coursework completion



<b>Week</b>	<b>33 (10-14 Jun)</b>	<b>34 (17-21 Jun)</b>	<b>35 (24-28 Jun)</b>	<b>36 (1-5 Jul)</b>	<b>37 (8-12 Jul)</b>	<b>38 (15-19 Jul)</b>	<b>39 (22-25 Jul)</b>	<b>40</b>
<b>Unit Theme and Assessed Knowledge/ Skills</b>	NEA performance analysis	NEA performance analysis	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	3.1. The human body and movement in physical activity and sport	NEA performance analysis	NEA performance analysis	
<b>Lesson Topics Sequence &amp; Content</b>	Improvements and action plan	Improvements and action plan	Revision for paper 1 mocks	Revision for paper 1 mocks	Revision for paper 1 mocks	Identifying strengths and weaknesses/ improvements and actions plan	Identifying strengths and weaknesses/ improvements and actions plan	
<b>Key Assessments</b>	NEA coursework completion	NEA coursework completion	Year 10 mocks	Year 10 mocks	Year 10 mocks	NEA coursework completion	NEA coursework completion	