



SUNNYDOWN SCHOOL

PE CURRICULUM PLAN

Subject	PE	Year group	Y10
Subject Intent	<p>We aim to provide stimulating and engaging learning experiences to promote and foster an enjoyment of theoretical and practical elements of sport and sports science. The curriculum supports progression from KS3 and is designed to build on and embed the physical development and skills acquired in previous years. We endeavor to enable students to engage with key issues and themes relating to contemporary global influences on physical education and sport. We aim to support the development of transferable skills including communication, cooperation, leadership, numeracy and an understanding of practical performances in order to support progression. The blend of scientific and social knowledge positions students to access a range of further qualifications post 16.</p>		

Term	Topic	Core learning	Key concepts	Sequencing
Autumn 1	Applied anatomy & physiology	The skeletal system The muscular system	<ul style="list-style-type: none"> • Functions of the skeletal system • Classification of bones • Structure of the skeletal system • Joints and joint actions. • Classification of muscles • Location of the voluntary muscles • Antagonistic muscle pairs • Fast and slow twitch muscle fibres 	<p>Building on.....</p> <p>Prior knowledge of the body systems developed in Practical PE lesson and Science in KS3.</p> <p>Building towards...</p> <p>An understanding of the role the body systems play in sports performance including optimising performance and injury prevention.</p>
Autumn 2	Applied anatomy &	The Musculoskeletal System Cont'd		Building on.....

	physiology	<p>The cardiovascular system</p>	<ul style="list-style-type: none"> ● Structure and functions of the Cardiovascular system ● Arteries, Capillaries and veins ● Vascular shunting ● Components of blood ● Structure of the respiratory system ● Composition of air and lung volumes 	<p>Prior knowledge of the CV system that will have been covered in Science.</p> <p>Building towards...</p> <p>An understanding of the role the CV system plays in sports performance including optimising performance and injury prevention.</p>
Spring 1		<p>The Cardiovascular System Cont'd</p> <p>The Respiratory System Aerobic and Anaerobic exercise.</p>	<ul style="list-style-type: none"> ● Structure of the respiratory system ● Composition of air and lung volumes 	<p>Building on.....</p> <p>Knowledge of the structure of the respiratory system from Science and PE.</p> <p>Building towards...</p> <p>An understanding of how the system works and how it changes during exercise.</p>
Spring 2	The Effects of Exercise	<p>The Respiratory System Continued</p> <p>Short term effects of exercise on the body.</p> <p>Long term effects of exercise on the body.</p>	<ul style="list-style-type: none"> ● Energy Systems, training thresholds. ● The effects of exercise on the body systems. 	<p>Building on.....</p> <p>Knowledge of the energy systems developed in PE and Science at KS3.</p> <p>Building towards...</p> <p>An understanding of how to maximise performance through increased fitness levels and application of the principles of training.</p>

	Movement Analysis	<p>Movement analysis. Planes of movement and axes of rotation. Lever systems.</p>	<ul style="list-style-type: none"> ● 1st, 2nd & 3rd class levers ● Mechanical advantage in sport ● Recap movements at joints and 	<p><i>Building on.....</i> Their understanding of range of movement, movement planes and axis of rotation discussed during Year 9 Gymnastics.</p> <p><i>Building towards...</i> A strong understanding of lever systems and movements in their chosen sporting contexts. This knowledge will support students who wish to student sport at A-Level or Level 3 at college.</p>
Summer 1	Health, fitness and wellbeing	<p>Physical, emotional and social health</p> <p>Impact of Lifestyle choices (Sedentary lifestyle and consequences)</p> <p>Balanced diet and the role of nutrients</p> <p>Dietary manipulation for sport (carb-loading, protein intake and hydration)</p>	<ul style="list-style-type: none"> ● Wellbeing ● Work/life balance ● Obesity ● Heart disease ● Diabetes ● Osteoporosis ● Blood pressure ● Optimising sports performance ● Macronutrients/micro nutrients 	<p><i>Building on.....</i> Knowledge of health and wellbeing acquired during PE, Science and PSHE at KS3.</p> <p><i>Building towards...</i> An understanding of how lifestyle choices can positively and negatively impact their health, wellbeing and longevity</p>

		Optimum weight	<ul style="list-style-type: none"> • Somatotyping 	
Summer 2	Physical Training	Components of fitness Fitness testing Methods of training Principles of training Goal setting Training zones	<ul style="list-style-type: none"> • Health/skill related components of fitness • Resistance/continuous training • Progressive overload • SPORT • SMART targets • Aerobic/anaerobic thresholds 	<p><i>Building on.....</i> Students will have completed regular fitness tests throughout KS3. Targets setting and progress against targets across all subject areas.</p> <p><i>Building towards...</i> Students who are able to analyse their and others performance identifying areas for development. Students who are able to select the right training methods and apply principles of training to achieve desired performance outcomes.</p> <p><i>Building on.....</i> Students' understanding of methods of fitness, principles of training and goal setting developed in KS3 and in Summer 1 Y10.</p> <p><i>Building towards...</i> Students will be prepared and able to perform a PEP after returning from the summer holiday.</p>
	Preparation for Personal exercise programme	PARQ How to construct a PEP Using data and statistics Analysing and evaluating a Personal exercise programme.	<ul style="list-style-type: none"> • Preparing/planning a training programme. • Quantitative/qualitative data. 	