

DAGENHAM PARK SUBJECT CURRICULUM

Subject	Physical Education
Year Group	10 (GCSE PE) Exam Board: AQA
Overview	<p>This course comprises 4 assessments:</p> <p><u>Paper 1:</u> The human body and movement in physical activity and sport. This is worth 30% of the overall grade.</p> <p><u>Paper 2:</u> Socio-cultural influences and well-being in physical activity and sport. This is worth 30% of the overall grade.</p> <p><u>Practical sport:</u> Performance in sport. Pupils will select a team sport, an individual sport and a third sport of their preference (team/individual sport) to be assessed in as a performer. This is worth 30% of the overall grade.</p> <p><u>Analysis and Evaluation of Performance:</u> Analysis of their performance in one of their selected sports. This is worth 10% of their overall grade.</p> <p>GCSE PE offers pupils a broad and balanced insight into the world of sport. PE and sport are crucial discussion points in modern society and this qualification gives an overview of different pathways that can lead to a career in the sports industry.</p> <p>Using theory and practical based lessons, pupils will be provided with plenty of opportunities to develop knowledge and understanding of a range of concepts and ideologies in sport, whilst also improving their practical performance.</p>
Autumn Half term 1 & 2	<p>During the autumn term, pupils will cover different concepts and ideas in the following topics:</p> <p><u>The skeletal system</u></p> <ul style="list-style-type: none"> • Bones • Structure of the skeleton • Functions of the skeleton • Structure of a synovial joint • Types of freely movable joints that allow different movements • How joints differ in design to allow certain types of movement at a joint <p><u>The muscular system</u></p> <ul style="list-style-type: none"> • Muscles of the body • Types of muscular contractions • How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints

	<p><u>The respiratory system</u></p> <ul style="list-style-type: none"> • The pathway of air • Gaseous exchange • Mechanics of breathing – the interaction of the intercostal muscles, ribs and diaphragm in breathing • Interpretation of a spirometer trace
<p>Spring Half term 1 & 2</p>	<p>During the autumn term, pupils will cover different concepts and ideas in the following topics:</p> <p><u>The cardiovascular system</u></p> <ul style="list-style-type: none"> • Structure of the heart • Blood vessels • The cardiac cycle and the pathway of the blood • Cardiac output, stroke volume and heart rate <p><u>Aerobic and anaerobic exercise</u></p> <ul style="list-style-type: none"> • Understanding the terms aerobic exercise (in the presence of oxygen) and anaerobic exercise (in the absence of enough oxygen) • The use of aerobic and anaerobic exercise in practical examples of differing intensities • Excess post-exercise oxygen consumption (EPOC)/oxygen debt as the result of muscles respiring anaerobically during vigorous exercise and producing lactic acid • The recovery process from vigorous exercise <p><u>The effects of exercise</u></p> <ul style="list-style-type: none"> • Immediate effects of exercise (during exercise) • Short-term effects of exercise (up to 36 hours after exercise) • Long-term effects of exercise (months and years of exercising) <p><u>Movement analysis</u></p> <ul style="list-style-type: none"> • First, second and third class lever systems within sporting examples • Mechanical advantage – an understanding of mechanical advantage in relation to the three lever systems • Analysis of basic movements in sporting examples • Identification of the relevant planes (frontal, transverse, sagittal) and axes (longitudinal, transverse, sagittal) of movement used whilst performing sporting actions
<p>Summer Half term 1 & 2</p>	<p>During the autumn term, pupils will cover different concepts and ideas in the following topics:</p> <p><u>Physical training</u></p> <ul style="list-style-type: none"> • The relationship between health and fitness • The components of fitness • Linking sports and physical activity to the required components of fitness • Reasons for and limitations of fitness testing

	<ul style="list-style-type: none"> • Measuring the components of fitness • Demonstration of how data is collected for fitness testing • The principles of training and overload • Application of the principles of training • Types of training • Identification of the advantages and disadvantages (the effects on the body) of training types linked to specific aims • Calculating intensities to optimise training effectiveness • Considerations to prevent injury • Specific training techniques – high altitude training as a form of aerobic training • Seasonal aspects • Warming up and cooling down <p>Use of data</p> <ul style="list-style-type: none"> • Quantitative data • Methods for collecting quantitative data • Qualitative data • Methods for collecting qualitative data • Presenting data • Analysis and evaluation of data
Homework	<p>Pupils are set one piece of homework each week via ‘Show My Homework’. Pupils are encouraged to attend extracurricular clubs. A Timetable is produced for each ½ term to allow a range of sporting opportunities.</p> <p>The school has sports teams in a range of sport and takes part in borough leagues and cups. Fixtures are played throughout the year.</p>
Useful Resources	<p>Welcome To TeachPE.com - TeachPE.com GCSE Physical Education - BBC Bitesize www.aqa.co.uk AQA GCSE (9-1) PE Student Book 2nd edition AQA GCSE (9-1) Physical Education Revision Guide</p>