

Scheme Of Work Map



PE – Year 10 GCSE PE Scheme of Work map Beccles

SUBJECT	AUTUMN TERM		SPRING TERM		SUMMER TERM	
<p style="text-align: center;">PE THEORY and PRACTICAL</p>	<p>Health, Fitness and Well-being (Paper 2: Health and Performance) Physical, emotional and social health. Lifestyle choices. Impact of lifestyle choices. Sedentary lifestyles and consequences. Balanced diet and the role of nutrients. Dietary manipulation for sport. Optimum Weight</p> <p>Practical Sport : Football</p>	<p>Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems) Functions of the skeletal system. Classification of bones Structure of the skeletal system Classification and roles of muscles. Location and roles of key voluntary muscles. Antagonistic muscles. Fast and slow twitch muscle fibres. Structure and function of the cardiovascular system</p> <p>Practical Sport: Hockey</p>	<p>Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems) Arteries, Capillaries and Veins Vascular Shunting Components of blood and their significance for physical activity. Respiratory System. Location and roles of principal components of the respiratory system, Structure and function of alveoli. Energy Sources; aerobic and anaerobic exercise and short term effects of exercise</p> <p>Practical Sport: Netball</p>	<p>Movement Analysis (Paper 1: Fitness and Body systems) Lever System Mechanical advantage in sport. Movement possibilities at joints. Joint classification an impact on movement axes. Planes and axes</p> <p>Practical Sport: Table Tennis</p>	<p>Sport Psychology (Paper 2: Health and Performance) Goal Setting – SMART Classification of skills Form of practice Types of guidance Mental preparation Use of data</p> <p>Practical Sport: Athletics</p>	<p>Revision of year one content. Mock Exam.</p> <p>Practical Sport: Tennis</p>

Scheme Of Work Map



PE – Year 11 GCSE PE Scheme of Work map Beccles

SUBJECT	AUTUMN TERM		SPRING TERM		SUMMER TERM	
<p style="text-align: center;">PE THEORY and PRACTICAL</p>	<p>Health, Fitness and Well – Being (Paper 2: Health and Performance) An introduction to the PEP PAR Q's; Warm ups and Cool Downs Components of Fitness Fitness Tests</p> <p>Practical Sport: Rugby</p>	<p>Health, Fitness and Well – Being (Paper 2: Health and Performance) Principles of Training Applications of PoT to PEP. Methods of Training Applications of MoT to PEP. Long term effects of training on the musculoskeletal system. Long term effects of training on the cardio-respiratory system. Identification and treatment of injury. Injury Prevention Performance enhancing drugs.</p> <p>Practical Sport: Basketball</p>	<p>Socio-cultural influences (Paper 2: Health and Performance) Factors affecting participation in sport Participation rates Commercialisation and the media Advantages and Disadvantages of commercialisation.</p> <p>Practical Sport: Gymnastics</p>	<p>Socio-cultural influences (Paper 2: Health and Performance) Sporting behaviours Deviance in sport. Review Paper 1 content Review Paper 2 Content</p> <p>Practical Sport: Revisit and Moderation prep</p>	<p style="text-align: center;">Revision</p>	<p style="text-align: center;">Exams.</p>

Scheme Of Work Map