AQA GCSE PE

Archdiocese of Liverpool

Curriculum intent:

The intent of the PE curriculum at St. Gregory's Catholic High School is to strike the right balance between provision, participation and performance for all of our pupils. The PE curriculum has been designed to provide pupils with an enjoyable and stimulating experience, which broadens their sporting horizons and provides the platform for a lifelong healthy lifestyle.

Our intent as a department is to ensure that our curriculum

1. **Provides our pupils with new sporting experiences and increases their intellectual understanding of the subject**
2. **Fosters a love of learning for the subject that stimulates the academic and practical inquisitiveness of our pupils**
3. **Creates clear pathways for pupils to study the subject further in Key Stage 4 and beyond secondary education into post -16 education and employment**

Year 10 AQA GCSE PE

	Content	Concepts and Skills
TERM 1	**Structure and functions of musculo-skeletal system** **Structure and functions of cadio-respiratory system** **Aerobic and Anaerobic respiration in relation to sport and physical activity**	**- Identification of key components and structures** **-Identify and explain joint types and how they are linked to eccentric and concentric contraction** **- Interpretation of cardio-respiritory data and changes of exercise intensity** **- Evaluate and justify the effectiveness of anatomical structures and systems** **- Provide relevant sporting examples that are coherantly explained to demonstrate deep understanding**
TERM 2	**Short and long- term effects of exercise** **Movement analysis** **Physical training** **- Relationship between health and fitness** **- Components of fitness** **- Reasons and limitations of fitness testing** **- Measuring components of fitness**	**-Define the relationship between health and fitness** **- Recall correct definitions** **- Understand and justify linkages between components and physical activities** **- Evaluate benefits and limitations of tests and procedures within physical training** **- Understanding of the distinction between different training methods**
TERM 3	**Physical Training** **- Principle of training** **- Calculating intensities** **- Methods of training** **Optimising training to prevent injury** **Seasonal aspects of training** **Effective use of warm-up and cool-down** **Use of data**	**- Understanding how training programs are effectively created to improve performance** **- Calculation of aerobic and anaerobic intensities** **- Explain training methods in relation to different sporting examples** **- Understand and explain differences of data and data collection** **-Understand and justify appropriate warm up/ cool down techniques** **- Define, justify and evaluate training intensities**