Levenshulme High School Curriculum Map – GCSE PE

		Term 1	Term 2	Term 3
Year 10	**Topic Title**	**Paper 1 – Factors Affecting Performance - Physical Training**	**Paper 1 – Factors Affecting Performance – Anatomy & Physiology**	**Paper 1 – Factors Affecting Performance – Anatomy & Physiology**
		2.1 – Components of Fitness **2.2 – Applying Principles of Training** **2.3 – Preventing injury in Physical Activity & Training**	**1.1 – The Structure & Function of the Skeletal System.** **1.2 – The Structure & Sunction of the Muscular System.** **1.3 – Movement Analysis**	**1.4 – The Cardiovascular & Respiratory System** **1.5 – The effects of exercise on the body systems.**
	Pupils should know…	Pupils will know each of the components of fitness, the definition, the fitness test for each one, how to administer each fitness test. Pupils will know the principles of training and the different types of training methods to improve performance. Know the components of a warm up & cool down. Know how to reduce the risk of injury and know the potential hazards in a range of physical activity/sport.	Know the major bones, joints, articulating bones, types of movement and the functions of the skeleton. Know the major muscles, the movement produced by each muscle and the roles of the agonist, antagonist, fixator and antagonistic action. Know 3 classes of levers, planes of movement and axes of rotation. Know what a mechanical advantage is.	Know the structure & function of the cardiovascular system, the double circulatory system and pathway of blood and the different types of blood vessels and red blood cells. Know the difference between heart rate, stroke volume and cardiac output. Know the structure & function of the respiratory system, pathway of air and the role of respiratory muscles and alveoli. Know the definitions of breathing rate, tidal volume and minute ventilation. Know the difference between anaerobic and aerobic exercise. Know the short term and long-term effects of exercise on the different body systems.
	Pupils should be able to do…	Pupils will be able to complete, collect and use data relating to each component of fitness. Pupils will be able to describe each component of fitness, the tests for each one and give practical examples of where each component of fitness is important. Pupils will be able to identify and describe the principles of training and types of training. They will be able to apply the principles of training and types of training to a personal exercise programme.	Be able to identify major bones, joints, types of movement and describe the functions of the skeleton. Be able to identify and locate major muscles, describe the movement produced by each muscle and the role of the agonist, antagonist, fixator and antagonistic action. Be able to identify each class of levers, planes of movement and axes of rotation. Be able to apply and analyse practical examples for the functions of the skeleton, each type of	Be able to label the structure of the heart and respiratory system. Be able to describe the pathway of blood and pathway of air. Be able to describe heart rate, stroke volume, cardiac output, breathing rate, tidal volume and minute ventilation Be able to describe the different blood vessels, the role of the respiratory muscles and alveoli.

		Be able to identify & describe the components of a warm up, cool down, risk of injuries and potential hazards. Be able to apply practical examples of each.	movement, class of lever, planes of movement, and axes of rotation.	Be able to collect and use data relating to short term and long-term effects of exercise. Be able to provide practical examples for anaerobic and aerobic exercise.
	Why are we doing this now? *How does it build on prior learning and prepare for knowledge and learning still to come?*	Pupils already have basic knowledge and understanding of the components of fitness and can apply a practical example for each. They will build on the knowledge of their sport that they have gathered at KS3. This will prepare pupils to complete the 'action plan' section of their controlled assessment.	Pupils will have completed flipped learning on the skeletal and muscular system. Pupils will deepen their knowledge and understanding of the human body work and function during physical activity. By completing these topics pupils will be prepared for their controlled assessment for the movement analysis section.	Pupils will develop their knowledge and understanding of the short and long-term effects of exercise on muscles and bones, the heart and the respiratory system. They will understand the physiological adaptations that can occur due to training (Term 1). This provides pupils with a rationale for the importance of maintaining an active lifestyle due to the physical benefits to someone's health (paper 2).