



Y10 PE - CURRICULUM PLANNING SEQUENCE

Subject	Year	Term	Topics	Subject learning checklist
GCSE PE	Year 10	Term 1 - 35hrs	Health Fitness and Well-being	1.1.1 Physical health 1.1.2 Emotional health 1.1.3 Social health 1.1.4 Impact of fitness on well-being 1.1.5 How to promote personal health through an understanding of a personal exercise programme 1.1.6 Lifestyle choices 1.1.7 Positive and negative impact of lifestyle choices 1.2.1 A sedentary lifestyle and its consequences 1.2.2 Interpretation and analysis of graphical representation of data 1.3.1 The nutritional requirements and ratio of nutrients for a balanced diet 1.3.2 The role and importance of macronutrients 1.3.3 The role and importance of micronutrients 1.3.4 The factors affecting optimum weight: sex, height, bone structure and muscle girth 1.3.5 The variation in optimum weight according to roles in specific physical activities and sports 1.3.6 The correct energy balance to maintain a healthy weight 1.3.7 Hydration for physical activity and sport
		Term 2 - 30hrs	Sport Psychology	2.1.1 Classification of a range of sports skills 2.1.2 Practice structures: massed, distributed, fixed and variable 2.1.3 Application of knowledge of practice and skill classification 2.2.1 The use of goal setting to improve and/or optimise performance 2.2.2 Principles of SMART targets 2.2.3 Setting and reviewing targets to improve and/or optimise performance 2.3.1 Types of guidance to optimise performance: visual, verbal, manual and mechanical 2.3.2 Advantages and disadvantages of each type of guidance 2.3.3 Types of feedback to optimise performance: intrinsic, extrinsic, concurrent, terminal 2.3.4 Interpretation and analysis of graphical representation of data 2.4.1 Mental preparation for performance: warm up, mental rehearsal
			Socio Cultural influences	3.1.1 Participation rates in physical activity and sports 3.1.2 Interpretation and analysis of graphical representation of data 3.2.1 The relationship between commercialisation, the media and physical activity and sport 3.2.2 The advantages and disadvantages of commercialisation and the media 3.2.3 Interpretation and analysis of graphical representation of data 3.3.1 The different types of sporting behaviour 3.3.2 Interpretation and analysis of graphical representation of data a
		Term 3 - 30 hrs	Physical Training	3.1.1 Definitions of fitness, health, exercise and performance 3.2.1 Components of fitness 3.2.2 Fitness tests 3.2.3 Collection and interpretation of data from fitness test results 3.2.4 Fitness tests for specific components of fitness 3.2.5 How fitness is improved 3.3.1 Planning training using the principles of training: 3.3.2 Factors to consider when deciding the most appropriate training methods 3.3.3 The use of different training methods for specific components of fitness, 3.4.1 Long-term effects of aerobic and anaerobic training 3.4.2 Long-term training effects: 3.4.3 Long-term training effects and benefits: 3.5.1 The use of a PARQ to assess personal readiness for training