ICKNIELD HIGH SCHOOL **KEY STAGE 4 CURRICULUM MAP**

'Raising the Achievement of All'

WELL-SEQUENCED **CONTEXUALISED/INCLUSIVE** **AMBITIOUS**

SUBJECT: GCSE Physical Education **Year: 10**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Questions	What is the definition of health? Can you describe the possible impact of a sedentary lifestyle? What are the main functions of the different nutrients consumed in a balanced diet? Can you compare the diet of a marathon runner and a 100m sprinter?	Can you describe the protocols for the different fitness tests? Can you explain how an athlete can use principles of training to improve their performance? What is the purpose of a warm up? What is the purpose of a cool down?	Can you identify the major bones in the body? What is the difference between aerobic and anaerobic exercise? Can you label the different parts of the heart?	What are the benefits of exercise on the muscular-skeletal and cardio-respiratory system?	What is a mechanical advantage? Can you give an example of an antagonistic muscle pair? Can you give a sporting example for each type of lever?	Can you explain two positive impacts of commercialisation in sport? Can you name a performance enhancing drug and the effect in has on performance?
Content: 'Know what'	**Health training and exercise** **Topic Areas:** - Health, fitness and well being - The contribution which physical activity makes to health and fitness - Consequences of a sedentary lifestyle - Diet and nutrition - Components of fitness - Measuring health and fitness - Methods of training	**Health training and exercise** **Topic Areas:** - Training zones - Principles of training and exercising - Warm up and cool down - Unit test and review	**Exercise Physiology** **Topic Areas:** - Muscular-skeletal system - Cardio-respiratory and vascular system - Aerobic and anaerobic exercise	**Exercise Physiology** **Topic Areas:** - Short and long term effects of exercise - Unit test and review **Movement Analysis** **Topic Areas:** - Muscle contractions	**Movement Analysis** **Topic Areas:** - Lever systems - Planes of axes and movement - Sports Technology - Unit test and review	**Socio-cultural issues in physical activity and sport** **Topic Areas:** - Participation - Provision - Performance

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Expertise: 'Know how'	- Understand the relationship between health, fitness and wellbeing - Be able to make links between sedentary lifestyles, physical activity and diet and nutrition	- Knowledge and understanding of how to apply the principles of training - Understand the three phases of a warm up and cool down.	- Demonstrate knowledge and understanding of the structure and function of the muscular-skeletal system - Understand the difference between aerobic and anaerobic exercise	- Understand the effects of exercise on the body including short term effects and what long term adaptations occur	- Understand what antagonistic muscle pairs are and be able to give sporting examples - Know and understand the different planes and axis of movement	- Understanding factors that contribute to participation, provision and performance - Understanding of strategies to improve participation in sport and activity - Knowledge of commercialisation of sport and the role of the media, advertising and globalisation - Understand the difference between gamesmanship and sportsmanship
Literacy/ Numeracy/ SMSC/	**Literacy:** - Aerobic and anaerobic training zone - Atherosclerosis - Calorie - Component of fitness - Continuous training - Dehydration - Diabetes - Exercise - Fitness - Health - Hydration - Hypertension - Interval training **Numeracy:** Gathering data from fitness test scores	**Literacy:** - Physical adaptations - Plateauing - Reversibility - Sedentary - Tedium - Valid **Numeracy:** Analysing data to produce a training programme	**Literacy:** - Abduction - Adduction - Cardiovascular system - Circumduction - Creatine phosphate - Diffusion - Duration - Exhale - Extension - Flexion - Glycolysis - Expiration **Numeracy:** - Counting how many heart beats a minute - Counting how many breaths a minute	**Literacy:** - Inspiration - Intensity - Lactic acid - Inhale - Oxygen dept - Pulmonary circulatory - Respiration - Systemic circulatory system - Vasodilation - Rotation - Vasoconstriction **Numeracy:** - Measuring of muscle size, lung capacity and resting heart rate	Literacy: - Agonist - Antagonist - Axis - Effort - Effort arm - Fulcrum - Lever arm - Load - Load arm - Mechanical advantage - Mechanical disadvantage - Motivation - Notational analysis - Perpendicular - Plane - Qualitative data - Quantitative data - Technology	Literacy: - Anabolic Steroids - Brand exposure - Commercialisation - Commodity - Deviance - Disability - Doping - Ethnicity - Globalisation - Media - Mental wellbeing - Participation - Physical wellbeing - Social media - Social wellbeing - Sponsorship - Stereotyping

					- TMO - VAR	
Disciplinary Literacy	- Opportunities for extended reading - Key Tier 2 and Tier 3 words identified and defined - Open/closed questioning - Opportunities for extended writing - Oracy skills developed through class discussions - Writing answers to exam questions					
Careers	Within the 4 topics studied Career pathways will be highlighted to students and discussed in class. Health, training and exercise – athlete, personal trainer, sports coach, leisure centre manager, nutritionist Exercise Physiology – physiotherapist, paramedic, doctor Movement Analysis Sport analysis, sport scientist Socio-cultural issues in physical activity and sport - Sports journalist, pundit, sports kit designer, police Work experience: Opportunities will be given to selected students to take part in the leadership academy. This involves volunteering to help run sporting events for primary school students.					