

# GCSE PE Programme of Learning Y10 2024-25

Term	Topic	Homework
<b>Autumn Term 1</b>	<b>BONES, MUSCLES &amp; MOVEMENT</b> <ul style="list-style-type: none"> <li>• Location of Bones</li> <li>• Functions of Skeleton</li> <li>• Structure &amp; Movement of Synovial Joints</li> <li>• Location of Muscles</li> <li>• Role of Muscles in Movement</li> </ul>	<b>Educake</b> <b>Exam Questions:</b> Main Functions of Skeletal System Role of Antagonistic Pairs Types of Movement at Ball & Socket Joint
<b>Autumn Term 2</b>	<b>CARDIOVASCULAR &amp; RESPIRATORY SYSTEMS</b> <ul style="list-style-type: none"> <li>• Structure &amp; Function of Cardiovascular System</li> <li>• Structure &amp; Function of Respiratory System</li> </ul>	<b>Educake</b> <b>Exam Questions:</b> Difference between Pulmonary Vein and Pulmonary Artery Double Circulatory System Analysing Respiratory Rates
<b>Spring Term 1</b>	<b>FITNESS TESTING AND EFFECTS OF EXERCISE</b> <ul style="list-style-type: none"> <li>• Aerobic &amp; Anaerobic Exercise</li> <li>• Short &amp; Long Term Effects of Exercise</li> <li>• Components of Fitness</li> <li>• Fitness Testing</li> </ul>	<b>Educake</b> <b>Exam Questions:</b> Difference between Aerobic & Anaerobic Exercise Vascular Shunting Short Term & Long Term Effects Lactic Acid Components of Fitness
<b>Spring Term 2</b>	<b>PRINCIPLES &amp; METHODS OF TRAINING</b> <ul style="list-style-type: none"> <li>• Principles of Training</li> <li>• Types of Training</li> <li>• Optimising Training</li> </ul> <b>GOAL SETTING</b> <ul style="list-style-type: none"> <li>• SMART Targets</li> </ul>	<b>Educake</b> <b>Exam Questions:</b> SPOR Principle FITT Principle Benefits of a Warm Up SMART Targets
<b>Summer Term 1</b>	<b>CHARACTERISTICS &amp; CLASSIFICATION OF SKILL</b> <ul style="list-style-type: none"> <li>• Characteristics of Skilful Movement</li> <li>• Classification of Skill</li> <li>• Mental Preparation</li> <li>• Types of Guidance &amp; Feedback</li> </ul> <b>LEVERS, PLANES &amp; AXES</b> <ul style="list-style-type: none"> <li>• Classes of Lever</li> <li>• Planes and Axes of Movement</li> </ul>	<b>Educake &amp; Exam Questions:</b> Characteristics of Skilful Movement Classification of Skill Selective Attention, Imagery & Visual Guidance Knowledge of Performance vs Knowledge of Results <b>Educake</b> <b>Exam Questions:</b> Lever Class Differences Mechanical Advantage Axes of Rotation Differences
<b>Summer Term 2</b> <b>AEP (10% of Grade)</b>	<b>PRACTICAL ASSESSMENT – Athletics</b> <ul style="list-style-type: none"> <li>• Complete a range of athletics disciplines (track &amp; field) that will be marked by your GCSE PE Teachers.</li> </ul>	<b>Independent Research into Topics.</b> <b>Can Only be Typed Under Supervision.</b>

	<p><b>INTRODUCTION TO THE COURSEWORK UNIT (AEP)</b></p> <ul style="list-style-type: none"><li>• Overview of what the coursework should include</li><li>• Explanation on the process of completing the work under staff supervision and process for absence</li></ul> <p><b><i>WORK EXPERIENCE – PUPILS ABSENT</i></b></p>	<p><b>NOTE</b></p> <p>THE CONTENT OF THIS TERM IS SUBJECT TO CHANGE DUE TO TIMETABLE DISRUPTION FROM PPES, TRIPS &amp; VISITS, SPORTS EVENTS etc.</p>
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