

GCSE PE Programme of Learning Y10 2024-25

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

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