

Mount St Joseph – A Parent’s Guide to the Curriculum in GCSE PE – KS4 Year 10 2017-18

SCHEMES OF WORK

Term	Year 10 Theory Content	Year 10 Practical Content
Term 1	<ul style="list-style-type: none"> • <i>Methods of Training</i> • <i>Components of Fitness</i> • <i>Fitness Testing</i> • <i>Collection and Interpretation of Data</i> • <i>Principles of Training</i> 	<ul style="list-style-type: none"> • <i>Effective use of Warm up and Cool Down.</i> • <i>Fundamentals in relation to Heart Rates.</i> • <i>Introduction to Aerobic and Anaerobic fitness.</i> • <i>Reinforce key definitions e.g. Fitness, Health, exercise, and performance.</i>
Term 2	<ul style="list-style-type: none"> • <i>Application of Principles of Training</i> • <i>Heart Rates and Training Zones</i> • <i>Heart Rates and Training Zones (Interpreting Data)</i> • <i>Long Term Effects of Exercise on Body Systems</i> • <i>Short Term Effects of Exercise on Body Systems</i> 	<ul style="list-style-type: none"> • <i>Application of principles of training</i> • <i>Reinforce heart rates, training zones, aerobic and anaerobic fitness.</i> • <i>Sporting examples of components of fitness.</i> • <i>Reinforce Long and short term effects of exercise on body systems</i>
Term 3	<ul style="list-style-type: none"> • <i>Injury Prevention</i> • <i>Types of Injuries & RICE</i> • <i>Performance Enhancing Drugs</i> • <i>An Introduction to developing a PEP</i> • <i>Goal Setting & SMART Targets</i> 	<ul style="list-style-type: none"> • <i>Classification of Skills (Basic/Complex, open/Closed)</i> • <i>Guidance and Feedback on Performance.</i> • <i>Mental Preparation and Performance</i>
Term 4	<ul style="list-style-type: none"> • <i>Application and Recording of 6 week Personal Exercise Plan</i> 	<ul style="list-style-type: none"> • <i>Application and Recording of 6 week Personal Exercise Plan</i>
Term 5	<ul style="list-style-type: none"> • <i>Completion of PEP Evaluation and Analysis</i> 	<ul style="list-style-type: none"> • <i>Completion of PEP Evaluation and Analysis</i>
Term 6	<ul style="list-style-type: none"> • <i>Physical, Emotional and Social Health</i> • <i>Lifestyle Choices</i> • <i>Consequences of a Sedentary lifestyle</i> • <i>Energy use, diet, nutrition and hydration.</i> 	<ul style="list-style-type: none"> • <i>Classification of Skills (Basic/Complex, open/Closed)</i> • <i>Guidance and Feedback on Performance.</i> • <i>Mental Preparation and Performance</i>

KEY SKILLS FOR DEVELOPMENT/ASSESSMENT FOCUS

Term	Year 10
Term 1	<p><i>Methods of Training – Application of methods of training, characteristics, advantages and disadvantages.</i></p> <p><i>Components of Fitness - Introduction to components of fitness and how they are applied in sport.</i></p> <p><i>Fitness Testing – Identifying appropriate fitness tests for each component of fitness.</i></p>

	<i>Interpreting Data - Collection and interpretation of results data. Principles of Training - Introduction to the seven principles of training.</i>
Term 2	<i>Application of Principles of Training – Application of each principle in relation to a personal exercise programme (PEP) Heart Rates and Training Zones – Identifying the various heart rates recorded and understand how they reflect current fitness levels. Heart Rates and Training Zones (Interpreting Data) Long Term Effects of Exercise on Body Systems – Effects of regular exercise on the CV system, respiratory system and musculoskeletal system. Short Term Effects of Exercise on Body Systems – Immediate effects of exercise on the CV system, respiratory system and musculoskeletal system.</i>
Term 3	<i>Injury Prevention – How the risk of injury is reduced in sport. Types of Injuries & RICE – Skeletal and soft tissue injuries and treatment. Performance Enhancing Drugs – Why athletes may take PED’s and the consequences. The effects of each PED on performance and health. An Introduction to developing a PEP – The various parts of a PEP and the delivery of the PEP in a practical setting. Goal Setting & SMART Targets – The importance of goal setting and SMART targets.</i>
Term 4	<i>Application and Recording of 6 week Personal Exercise Plan – PEP designed to improve components of fitness and performance in chosen sport. (Coursework worth 10% of overall grade.)</i>
Term 5	<i>Completion of PEP Evaluation and Analysis – Analysis and evaluation of the effectiveness of individual PEP. (Coursework worth 10% of overall grade.)</i>
Term 6	<i>Physical, Emotional and Social Health – Classification of different benefits from leading a healthy and active lifestyle. Lifestyle Choices – The effect lifestyle choices have on physical, emotional and social health. Consequences of a Sedentary lifestyle – The effects of a sedentary lifestyle on health and fitness. Energy use, diet, nutrition and hydration – The importance of diet and nutrition when competing in sport.</i>

OTHER INFORMATION/ HOMEWORK / INDEPENDENT STUDY

- Research types of fitness classes used to improve or maintain health and fitness levels e.g. spinning, yoga, pilates and aerobics.
- Develop an understanding of a variety of examples in different sports where specific components of fitness are applied to gain a competitive edge.
- Identify current fitness levels by comparing to national averages.
- Develop the ability to plot heart rates on a graph and calculate target zones based on a person’s age.
- Research current doping cases in sport. Identifying the athletes and the performance enhancing drug and the consequences.
- Application of and recording of exercise sessions to complete six week Personal exercise plan.

- Record daily diet, classifying the nutrients consumed and calculating caloric intake.

NB: Please log into Show My Homework regularly to check set homework