

Physical Education GCSE Curriculum Y10, Y11

		Content
Autumn term	Muscular and skeletal system	Name of bones
		Functions of the skeleton
		Structure of the skeleton (types of bone)
		Muscles of the body
		How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints
		Structure of synovial joint
		Types of freely movable joints that allow different movements
	Cardiovascular and respiratory systems	Structure of the heart
		The cardiac cycle and the pathway of the blood
		Gaseous exchange
		Cardiac output, stroke volume and heart rate
		Blood vessels
		The pathway of air
		Mechanics of breathing – the interaction of the intercostal muscles, ribs and diaphragm in breathing
		Interpretation of a spirometer trace
	Energy systems and the effects of exercise	Understanding the terms aerobic exercise (in the presence of oxygen) and anaerobic exercise (in the absence of enough oxygen)
		The use of aerobic and anaerobic exercise in practical examples of differing intensities
		Excess post-exercise oxygen consumption (EPOC)/oxygen debt as the result of muscles respiring anaerobically during vigorous exercise and producing lactic acid
		The recovery process from vigorous exercise
		The recovery process from vigorous exercise
		Immediate effects of exercise (during exercise)
Short-term effects of exercise (24 to 36 hours after exercise)		
Long-term effects of exercise (months and years of exercising)		
Spring term	Biomechanics	First, second and third class lever systems within sporting examples
		Mechanical advantage – an understanding of mechanical advantage in relation to the three lever systems

		Analysis of basic movements in sporting examples
		Identification of the relevant planes (frontal, transverse, sagittal) and axes (longitudinal, transverse, sagittal) of movement used whilst performing sporting actions
	Fitness	Health and fitness
		The relationship between health and fitness
		The components of fitness
		Linking sports and physical activity to the required component of fitness
		Reasons and limitations of fitness testing
		Measuring the components of fitness
		Demonstration of how data are collected for fitness testing
		The principles of training and overload
		Application of the principles of training
		Types of training
		Identification of the advantages and disadvantages (the effects on the body) of training types linked to specific aims
Summer term	Factors affecting training	Calculating intensities to optimise training effectiveness
		Considerations to prevent injury
		Specific training techniques – high altitude training as a form of aerobic training
		Seasonal aspects
		Warming up and cooling down
		Qualitative and Quantitative data
		Presenting data
	Analysis and evaluation of data	
	COURSEWORK	Analysis of performance
Autumn term	Psychology	Skill and ability
		Classifications of skill
		Definitions of types of goals
		The use and evaluation of setting performance and outcome goals in sporting examples
		The use of SMART targets to improve and/or optimise performance

		Basic information processing model
		Identify examples of, and evaluate, the effectiveness of the use of types of guidance, with reference to beginners and elite level performers
		Identify examples of, and evaluate, the effectiveness of the use of types of feedback, with reference to beginners and elite level performers
		Arousal
		Inverted-U theory
		How optimal arousal levels vary according to the skill being performed in a physical activity or sport
		How arousal can be controlled using stress management techniques before or during a sporting performance
		Understand the difference between direct and indirect aggression with application to specific sporting examples
		Understand the characteristics of introvert and extrovert personality types, including examples of sports which suit these particular personality types
		Definition of intrinsic and extrinsic motivation, as used in sporting examples
Evaluation of the merits of intrinsic and extrinsic motivation in sport		
Spring term	Sociology	Engagement patterns of different social groups and the factors affecting participation
		Commercialisation
		Types of sponsorship and the media
		Positive and negative impacts of sponsorship and the media
		Conduct of performers
		Positive and negative impacts of technology
		Prohibited methods (blood doping)
		Drugs subject to certain restrictions (beta blockers)
		Prohibited substances
Which type of performers may use different types of performance enhancing drugs (PEDs) with sporting examples		

		The advantages and disadvantages for the performer of taking PEDs
		The disadvantages to the sport/event of performers taking PEDs
		Spectator behaviour (the positive and the negative effects of spectators at events)
		Reasons why hooliganism occurs
		Strategies employed to combat hooliganism/ spectator behaviour
	Nutrition	Linking participation in physical activity, exercise and sport to health, well-being and fitness, and how exercise can suit the varying needs of different people
		The consequences of a sedentary lifestyle
		Obesity and how it may affect performance in physical activity and sport
		Somatotypes
		Energy use
		Nutrition – reasons for having balanced diet
		Nutrition – the role of carbohydrates, fat, protein and vitamins/minerals
	Reasons for maintaining water balance (hydration)	
Spring term	Revision	