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| **Year 10 Curriculum Overview [2023-24)**  **PE** | | | | | | |
| **Autumn Term** | **Knowledge & Understanding** | | | **Literacy Skills**  **Opportunities for**  **developing**  **literacy skills** | **Employability Skills**  **[if any]** | **Assessment Opportunities** |
| **Composites** | **Components**  **[KEY concepts & subject specific vocab]** | **Formal Retrieval**  **[if any]** |
|  | UNIT 6: Health fitness and well being  Applied Anatomy and Physiology | The meaning of health, fitness and well-being  The consequences of a sedentary lifestyle  Obesity  Somatotypes  Energy use  Balanced diet and nutrients  Carbs, fats and proteins  Water balance  Bones and the functions of the skeleton  Structure/functions of the skeletal system  Muscles of the body  Structure of a synovial joint  Types of freely moveable joints  Joints and movement  Antagonistic pairs | DO IT NOW task linked to previously learned knowledge | Use of KO and vocab lists in ‘Do Now’ tasks.  Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results  Use of task and technique cards, using keywords and vocabulary.  Scorecards and analysis sheets | * Service * Ambition * Compassion * Respect * Equality * Determination * Cooperation * Supporting others * Self improvement * Resilience * Self-reflection determination * Teamwork * Leadership * Respect * Adhering to rules * Coaching * Analysis * Giving feedback * Presenting/performing * Safety consciousness * Health consciousness * Decision making | MCQ |
| **Year 10 Curriculum Overview**  **PE** | | | | | | |
| **Spring**  **Term** | **Knowledge & Understanding** | | | **Literacy Skills**  **Opportunities for**  **developing**  **literacy skills** | **Employability Skills**  **[if any]** | **Assessment Opportunities** |
| **Composites** | **Components**  **[KEY concepts & subject specific vocab]** | **Formal Retrieval**  **[if any]** |
|  | Movement Analysis  Applied Anatomy and Physiology | First, second and third class levers  Mechanical advantage  Analysis of basic movements  Planes and axes  The pathway of air and gaseous exchange  Blood vessels  Structure of the heart  Cardiac output and stroke volume  Mechanics of breathing and the spirometer trace  Aerobic/anaerobic exercise  Recovery/EPOC  The short and long term effects of exercise |  |  | * Service * Ambition * Compassion * Respect * Equality * Determination * Cooperation * Supporting others * Self improvement * Resilience * Self-reflection determination * Teamwork * Leadership * Respect * Adhering to rules * Coaching * Analysis * Giving feedback * Presenting/performing * Safety consciousness * Health consciousness   Decision making | MCQ |
| **Year 10 Curriculum Overview**  **Subject** | | | | | | |
| **Summer**  **Term** | **Knowledge & Understanding** | | | **Literacy Skills**  **Opportunities for**  **developing**  **literacy skills** | **Employability Skills**  **[if any]** | **Assessment Opportunities** |
| **Composites** | **Components**  **[KEY concepts & subject specific vocab]** | **Formal Retrieval**  **[if any]** |
|  | Sports Psychology | Skill and ability  Definition and types of goals  The use of SMART targets  Basic information processing  Revision of Year 1 content  Mock exam |  | Use of KO and vocab lists in ‘Do Now’ tasks.  Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results  Use of task and technique cards, using keywords and vocabulary.  Scorecards and analysis sheets | * Service * Ambition * Compassion * Respect * Equality * Determination * Cooperation * Supporting others * Self improvement * Resilience * Self-reflection determination * Teamwork * Leadership * Respect * Adhering to rules * Coaching * Analysis * Giving feedback * Presenting/performing * Safety consciousness * Health consciousness   Decision making | MCQ |