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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-beingThe consequences of a sedentary lifestyleObesitySomatotypesEnergy useBalanced diet and nutrientsCarbs, fats and proteinsWater balanceBones and the functions of the skeletonStructure/functions of the skeletal systemMuscles of the bodyStructure of a synovial joint Types of freely moveable jointsJoints and movementAntagonistic 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 resultsUse 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 AnalysisApplied Anatomy and Physiology |  First, second and third class levers Mechanical advantage Analysis of basic movementsPlanes and axesThe pathway of air and gaseous exchangeBlood vesselsStructure of the heartCardiac output and stroke volume Mechanics of breathing and the spirometer trace Aerobic/anaerobic exercise Recovery/EPOCThe 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 abilityDefinition 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 resultsUse 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
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* Adhering to rules
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Decision making | MCQ |