



Founded in 1888

Queen Elizabeth's Girls' School

Educating Women of the Future

Year 10 GCSE Physical Education

Autumn term 1st half		
Unit of work	Knowledge	Skills
<i>Theory component</i>	<ul style="list-style-type: none"> • Structure and function of the skeletal system • Structure and function of the muscular system 	<ul style="list-style-type: none"> • Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance • Understand how the physiological state affects performance in physical activity and sport • Develop their ability to analyse and evaluate to improve performance in physical activity and sport
<i>Practical component</i>	<ul style="list-style-type: none"> • Badminton 	<ul style="list-style-type: none"> • Perform effectively in different physical activities by developing core and advanced skills and techniques and selecting and using tactics, strategies and/ or compositional ideas
<p>Key Terms: Skeletal, muscular, function, structure, synovial, ligaments, tendons, cartilage, synovial fluid, ball & socket, hinge, flexion, extension, circumduction, rotation, adduction, abduction.</p>		
<p>Course materials: OCR GCSE 9-1 text book & revision guide and google classroom</p>		
<p>Homework will include: Preparation for exams, research tasks, data analysis, application of knowledge to sporting examples.</p>		
<p>Assessment details: Assessment of theory components will be done through short, medium and long exam questions.</p> <p>Practical components will be assessed on an ongoing lesson by lesson basis, with a more formal assessment at the end of the unit of work.</p> <p>When will the assessment take place? There will be regular short start activities revisiting previous learning in short assessment. Throughout the unit there will be more formal assessments 2 x every half term.</p>		



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Autumn term 2nd term		
Unit of work	Knowledge	Skills
Theory component	<ul style="list-style-type: none"> • Movement analysis • Structure and function of the cardio-vascular system • Structure and function of the respiratory system 	<ul style="list-style-type: none"> • Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance • Understand how the physiological state affects performance in physical activity and sport • Develop their ability to analyse and evaluate to improve performance in physical activity and sport
Practical component	<ul style="list-style-type: none"> • Badminton and Swimming 	<ul style="list-style-type: none"> • Perform effectively in different physical activities by developing core and advanced skills and techniques and selecting and using tactics, strategies and/ or compositional ideas

Key Terms: levers, axes, planes, longitudinal, transverse, frontal, sagittal, mechanical advantage, mechanical disadvantage, double pump, veins, arteries, capillaries, vascular shunt, valves, atrium, ventricles, pulmonary, systemic, vena cava, aorta, pulmonary artery, pulmonary vein, bronchi, bronchioles, alveoli, gaseous exchange, diffusions, pressure gradients, oxygen, carbon dioxide.

Course materials: OCR GCSE 9-1 text book & revision guide and google classroom

Homework will include: Preparation for exams, research tasks, data analysis, application of knowledge to sporting examples.

Assessment details:

Assessment of theory components will be done through short, medium and long exam questions.

Practical components will be assessed on an ongoing lesson by lesson basis, with a more formal assessment at the end of the unit of work.

When will the assessment take place?

There will be regular short start activities revisiting previous learning in short assessment.

Throughout the unit there will be more formal assessments 2 x every half term.



Spring term 1st half		
Unit of work	Knowledge	Skills
Theory component	<ul style="list-style-type: none">• Structure and function of the cardiovascular system• Structure and function of the respiratory system	<ul style="list-style-type: none">• Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance• Understand how the physiological state affects performance in physical activity and sport• Develop their ability to analyse and evaluate to improve performance in physical activity and sport
Practical component	<ul style="list-style-type: none">• Badminton and Trampolining	<ul style="list-style-type: none">• Perform effectively in different physical activities by developing core and advanced skills and techniques and selecting and using tactics, strategies and/ or compositional ideas
Key Terms: cardiovascular, double pump, systemic, pulmonary, aorta, vein, arteries, capillaries, vena cava, vasodilation, vasoconstriction, lung, bronchi, bronchioles, alveoli, gaseous exchange, mechanics of breathing		
Course materials: OCR GCSE 9-1 text book & revision guide and google classroom		
Homework will include: Preparation for exams, research tasks, data analysis, application of knowledge to sporting examples.		
Assessment details: Assessment of theory components will be done through short, medium and long exam questions. Practical components will be assessed on an ongoing lesson by lesson basis, with a more formal assessment at the end of the unit of work. When will the assessment take place? There will be regular short start activities revisiting previous learning in short assessment. Throughout the unit there will be more formal assessments 2 x every half term.		



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Spring term 2nd half		
Unit of work		
Theory component	<ul style="list-style-type: none"> • Aerobic and anaerobic exercise • Short term effects of exercise • Long term effects of exercise 	<ul style="list-style-type: none"> • Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance • Understand how the physiological state affects performance in physical activity and sport • Develop their ability to analyse and evaluate to improve performance in physical activity and sport
Practical component	<ul style="list-style-type: none"> • Trampolining 	<ul style="list-style-type: none"> • Perform effectively in different physical activities by developing core and advanced skills and techniques and selecting and using tactics, strategies and/ or compositional ideas
<p>Key Terms: aerobic, anaerobic, cardiac output, stroke volume, heart rate, tidal volume, minute ventilation, frequency, hypertrophy, atrophy</p>		
<p>Course materials: OCR GCSE 9-1 text book & revision guide and google classroom</p>		
<p>Homework will include: Preparation for exams, research tasks, data analysis, application of knowledge to sporting examples.</p>		
<p>Assessment details: Assessment of theory components will be done through short, medium and long exam questions. Practical components will be assessed on an ongoing lesson by lesson basis, with a more formal assessment at the end of the unit of work. When will the assessment take place? There will be regular short start activities revisiting previous learning in short assessment. Throughout the unit there will be more formal assessments 2 x every half term.</p>		



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Summer term 1st half		
Unit of work		
Theory component	<ul style="list-style-type: none"> • Components of fitness • Principles of training • FITT principles 	<ul style="list-style-type: none"> • Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance • Understand how the physiological state affects performance in physical activity and sport • Develop their ability to analyse and evaluate to improve performance in physical activity and sport
Practical component	<ul style="list-style-type: none"> • Trampolining and Athletics 	<ul style="list-style-type: none"> • Perform effectively in different physical activities by developing core and advanced skills and techniques and selecting and using tactics, strategies and/ or compositional ideas
Key Terms:		
Course materials: OCR GCSE 9-1 text book & revision guide and Google classroom		
Homework will include: Preparation for exams, research tasks, data analysis, application of knowledge to sporting examples.		
<p>Assessment details: Assessment of theory components will be done through short, medium and long exam questions.</p> <p>Practical components will be assessed on an ongoing lesson by lesson basis, with a more formal assessment at the end of the unit of work.</p> <p>When will the assessment take place? There will be regular short start activities revisiting previous learning in short assessment. Throughout the unit there will be more formal assessments 2 x every half term.</p>		



Summer term 2nd half

Unit of work		
Theory component	<ul style="list-style-type: none">• Warm up and cool down• Prevention of injury• Launch controlled assessment (practical assessment component delivered in theory lessons)	<ul style="list-style-type: none">• Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance• Understand how the physiological state affects performance in physical activity and sport• Develop their ability to analyse and evaluate to improve performance in physical activity and sport
Practical component	<ul style="list-style-type: none">• Athletics	<ul style="list-style-type: none">• Perform effectively in different physical activities by developing core and advanced skills and techniques and selecting and using tactics, strategies and/ or compositional ideas

Key Terms:

Course materials: OCR GCSE 9-1 text book & revision guide and google classroom

Homework will include: Preparation for exams, research tasks, data analysis, application of knowledge to sporting examples.

Assessment details:

Assessment of theory components will be done through short, medium and long exam questions.

Practical components will be assessed on an ongoing lesson by lesson basis, with a more formal assessment at the end of the unit of work.

When will the assessment take place?

There will be regular short start activities revisiting previous learning in short assessment.

Throughout the unit there will be more formal assessments 2 x every half term.