

Year 10 GCSE Curriculum Map

| Time Period                  | CORE KNOWLEDGE  | KEY SKILLS LEARNT  |
|------------------------------|---|--|
| Half Term 1<br>(Sep – Oct)   | Health and fitness<br>Sedentary lifestyle<br>Obesity<br>Somatotypes<br>Energy Use<br>Diet<br>Diet and Nutrition<br>Diet – Creating a balanced Diet<br>Bones<br>Structure of Skeleton<br>Functions and structure of skeleton   | RESEARCHING<br><br>ANALYSING<br><br>EVALUATING<br><br>Recall<br><br>Describe<br><br>Applying |
| Half Term 2<br>Nov – Dec)    | Synovial Joints<br>Types of Joints<br>Movement at the joints<br>Muscles<br>Muscle groups at major joints<br>Muscle actions<br>Respiratory System<br>Gaseous Exchange<br>Analysis of performance for their 3 practical sports. | RESEARCHING<br><br>ANALYSING<br><br>EVALUATING<br><br>Recall<br><br>Describe<br><br>Applying |
| Half Term 3<br>(Jan – Feb)   | Analysis of performance for their 3 practical sports.<br>Planes and Axes<br>Blood Vessels<br>Structure of the Heart<br>Cardiac output and stroke volume<br>Effects of exercise<br>Mechanics of breathing                      | RESEARCHING<br><br>ANALYSING<br><br>EVALUATING<br><br>Recall<br><br>Describe<br><br>Applying |
| Half Term 4<br>(Feb – March) | Aerobic and Anaerobic exercise<br>Recovery EPOC<br>Mock Test (THEORY)<br>Short and long term effects of exercise<br>Health and fitness<br>Classification of skills<br>GOALS and SMART targets                                 | RESEARCHING<br><br>ANALYSING<br><br>EVALUATING<br><br>Recall<br><br>Describe                 |

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|                                 |   | Applying   |
|---------------------------------|---|--|
| Half Term 5<br>(April –<br>May) | Information processing model<br>Arousal<br>Stress Management<br>Motivation<br>Guidance<br>Feedback<br>Player Conduct  | RESEARCHING<br><br>ANALYSING<br><br>EVALUATING<br><br>Recall<br><br>Describe<br><br>Applying |
| Half Term 6<br>June<br><br>6    | PEDs<br>Hooliganism<br>Revision<br>Mock<br>Summer sport Practical's <ul style="list-style-type: none"> <li>● Athletics</li> <li>● Cricket</li> </ul><br>Final Exams | RESEARCHING<br><br>ANALYSING<br><br>EVALUATING<br><br>Recall<br><br>Describe<br><br>Applying |