



CURRICULUM PLAN PE GCSE practical and theory Yr10 and 11

Michaelmas 1	Michaelmas 2	Lent 1
<p>3.4 Long term effects of exercise. P98-101.</p> <p>3.5 How to optimise training and prevent injury p102-108.</p> <p>Performance enhancing drugs p108-112.</p> <p>Long term effects of exercise - Benefits to the musculo-skeletal system: increased bone density; increased strength of ligaments and tendons; muscle hypertrophy; the importance of rest for adaptations to take place; and time to recover before the next training session. Impact on performance in different types of activities.</p> <p>Benefits to the cardio-respiratory system: decreased resting heart rate; faster recovery; increased resting stroke volume and maximum cardiac output; increased size/strength of heart; increased capillarisation; increase in number of red blood cells; drop in resting blood pressure due to more elastic muscular wall of veins and arteries; increased lung capacity/volume and vital capacity; increased number of alveoli; increased strength of diaphragm; and external intercostal muscles.</p> <p>Identifying injury, treatment and common sports injuries (Concussion, fractures, dislocation, sprain, torn cartilage and soft tissue injury (strain, tennis elbow, golfers elbow, abrasions) RICE (rest, ice, compression, elevation).</p> <p>Injury prevention through: correct application of the principles of training to avoid overuse injuries; correct application and adherence to the rules of an activity during play/participation; use of appropriate protective clothing and equipment; checking of equipment and facilities before use, all as applied to a range of physical activities and</p>	<p>3.6 Effective use of warm up and cool down. (p112-117)</p> <p>Purpose and importance of warm-ups and cool downs to effective training sessions and physical activity and sport. Phases of warm up and cool down and their significance for sport. Examples of activities included in warm up and cool down.</p> <p style="text-align: center;">Component 2</p> <p>1.1 Physical, emotional and social health, fitness and well-being. P125-137.</p> <p>Physical, social and emotional well-being - how participation in physical activity and sport can improve social/psychological and physical health and how these benefits are achieved.</p>	<p>1.2 Consequences of a sedentary lifestyle. P138-143.</p> <p>1.3 Energy use, diet, nutrition and hydration. P144-152.</p> <p>Lifestyle choices in relation to: diet; activity level; work/rest/sleep balance; and recreational drugs (alcohol, nicotine).</p> <p>Positive and negative impact of lifestyle choices on health, fitness and well-being, e.g. the negative effects of smoking (bronchitis, lung cancer).</p> <p>A sedentary lifestyle and its consequences: overweight; overfat; obese; increased risk to long-term health, e.g. depression, coronary heart disease, high blood pressure, diabetes, increased risk of osteoporosis, loss of muscle tone, posture, impact on components of fitness.</p> <p>The nutritional requirements and ratio of nutrients for a balanced diet to maintain a healthy lifestyle and optimise specific performances in physical activity and sport</p> <p>Role of macronutrients: (carbohydrates, proteins and fats) for performers/players in physical activities and sports, carbohydrate loading for endurance athletes, and timing of protein intake for power athletes</p> <p>Role of micronutrients: (vitamins and minerals), water and fibre for performers/players in physical activities and sports. Dietary manipulation for sport (carb-loading, high protein and hydration).</p> <p>Optimum weight due to physical characteristics and variations according to role in physical activity.</p>



sports.
Therefore, choose

Performance-enhancing drugs (PEDs) and their positive and negative effects on sporting performance and performer lifestyle, including: anabolic steroids; beta blockers; diuretics; narcotic analgesics; peptide hormones (erythropoietin (EPO); growth hormones (GH)); stimulants; blood doping. Advantages and disadvantages.

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YEAR	Lent 2	Trinity 1	Trinity 2
10	<p>2.1 Classification of skill. P154-155.</p> <p>2.2 Use of goal setting and SMART goals to improve and/or optimise performance. P156-163.</p> <p>Classification of skill - Open-closed, basic (simple)-complex, and low organisation-high organisation continua. Types of practice- massed, distributed, fixed and variable. Application of knowledge of practice and skill classification to select the most relevant practice to develop a range of skills.</p> <p>Goal setting - SMART targets and the value of each principle in improving and/or optimising performance (specific, measureable, achievable, realistic, time-bound).</p>	<p>2.3 Guidance and feedback on performance. P158-160</p> <p>2.4 Mental preparation. P161-164</p> <p>3.1 Engagement patterns of different social groups & Data Analysis P165-168.</p> <p>Types of guidance (verbal, visual, mechanical and manual) – advantages and disadvantages of each. Practical links - Appropriateness of types of guidance in a variety of sporting contexts when used with performers of different skill levels.</p> <p>Types of feedback – concurrent, terminal, internal, intrinsic, extrinsic. Interpretation and analysis of graphical representation of data associated with feedback on performance. Appropriateness of types in a variety of sporting contexts when used with performers of different skill levels.</p> <p>Mental preparation – warm up and mental rehearsal. Factors impacting on participation in physical activity and the impact on participation rates, considering personal factors. Interpretation and analysis of graphical representation of data associated with trends in participation rates.</p>	<p>3.2 Commercialisation of sport P169-172.</p> <p>3.3 Ethical and socio-cultural issues. P173-175</p> <p>The relationship between commercialisation, the media and physical activity and sport. The advantages and disadvantages of commercialisation and the media for: the sponsor; the sport; the player/performer; the spectator. Sportsmanship, gamesmanship, and the reasons for, and consequences of, deviance at elite level. Review performance-enhancing drugs. Consider other types of deviancy in sport.</p>



YEAR	MICHAELMAS 1	MICHAELMAS 2	LENT 1	LENT 2	TRINITY 1	TRINITY 1
10 practical	Netball x 6 Football x 6	Handball	Climbing	Fitness testing and training methods practical.	Athletics	Athletics Fitness testing How and why we warm up and cool down – exercises /stages involved. Use of and need for a PARQ before exercise. Practical: the test protocol Fitness testing: cardiovascular fitness – Cooper 12 minute tests (run, swim), Harvard Step Test; strength – grip dynamometer; muscular endurance – one-minute sit-up, one-minute press-up; speed – 30m sprint; power – vertical jump; flexibility – sit and reach.



YEAR	MICHAELMAS 1	MICHAELMAS 2	LENT 1	LENT 2	TRINITY 1	TRINITY 2
11	Collation of data and analysis of topics ready for the PEP (PRINCIPLES OF TRAINING, COMPONENTS OF FITNESS, METHODS OF TRAINING, EFFECTS OF EXERCISE S & L)	PEP write up	Revision component 1 (topics 1 and 2)	Revision component 1 in one lesson (topics 3.1,3.2), component 2 in the other lesson (topic 1)	Revision component 1 in one lesson (topics 3.3, 3.4), component 2 in the other lesson (topic 2)	

YEAR	MICHAELMAS 1	MICHAELMAS 2	LENT 1	LENT 2	TRINITY 1	TRINITY 2
11 Practical	PEP	Netball x 6 Football x6	Handball	Climbing	Moderation 1 st week after Easter. Revision component 1 in one lesson (topic 3.5,3.6), component 2 in the other lesson (topic 3)	