



Physical Education Year 10 Long term plan 2020/2021

Pearson Edexcel GCSE PE (Pupils will cover all the topics below and opt into different sports during their practical lessons)

Autumn Term 1 st Half	Autumn Term 2 nd Half
1.1-The structure of musculo-skeletal system 1. Functions of the skeletal system 2. Classification of bones 3. Structure of the skeletal system 4. Classification and roles of muscles 5. Location and roles of key voluntary muscles 6. Antagonistic muscles 7. Fast and slow twitch muscle fibres / Assessment	1.2-The structure of cardiorespiratory system 1. Structure and function of the Cardiovascular system 2. The Heart 3. Arteries, capillaries and veins 4. Vascular shunting 5. Components of blood 6. Assessment 7. Respiratory system, composition of air 8. Location and roles of components of respiratory system
Spring Term 1 st Half	Spring Term 2 nd Half
1.2-The structure of cardiorespiratory system/ 1.3-Anaerobic and Aerobic Exercise / 2.1- Levers and Mechanical Advantage / 2.2 - Planes and axes of movement 1. Structure and function of alveoli / Assessment 2. Short term effects of exercise, aerobic and anaerobic 3. Lever system, first, second and third class levers 4. Mechanical advantage in sport and planes and axis 5. Assessment 6. Extended answer questions	3.6 – Effective use of warm up and cool down / 3.2 – The components of fitness, measurement and benefits to sport / 3.3 – The Principles of Training and application to PEP 1. PAR-Q, warm up and cool down 2. Components of fitness 3. Fitness testing 4. Fitness testing 5. Fitness testing 6. Principles of training

Summer Term 1 st Half	Summer Term 2 nd Half
<p>3.3 – The Principles of Training and application to PEP / 3.4 -The long term effects of exercise</p> <ol style="list-style-type: none"> 1. Recap components of fitness and Principles of Training 2. Methods of training 3. Long term effects of training 4. Long term effects of training 5. Assessment 	<p>3.3 – The Principles of Training and application to PEP</p> <ol style="list-style-type: none"> 1. Revision 2. Revision 3. Revision 4. Revision / Year 10 GCSE PE Theory mocks (Assessment) 5. PEP - Coursework

Subject to COVID-19 restrictions and guidelines