

# Curriculum Content – Physical Education Y.10



## Physical Activity Pathways

Pupils will begin journeys into one/ more of several pathways suited to their passion/ interests individual circumstances. Pupils will have a degree of flexibility to pursue the appropriate pathway for them.

### Competitive Sport

Training and inter-school fixtures.

Teams for Rugby, Basketball, Football, Cricket, Hockey, Netball, cross country Rounders Athletics and possibly others.

### Recreational Sport

This pathway enables pupils to play recreationally against other students within the group. The focus on fun and skill development through gameplay. The sessions will also include opportunities to develop fitness for health in the gym or elsewhere.

### Healthy lifestyles

Pupils are presented with a range of activities they could do themselves with little to no organization of clubs in their own time to maintain health and well-being. This includes golf, swimming, and outdoor walking groups.

### Community

Pupils on this pathway will experience a range of sessions with external providers within the local community. This may include fitness classes run at local gyms, bowls, swimming activities etc. The focus on getting students to engage with these opportunities beyond school.

### Adventure

Using the natural environment to provide experiences of outdoor adventure activities including kayaking, gill scrambling and rock climbing.

## Competence to participate wider community (skills)

Competence to encourage participation within the community at adult/senior/ individual level. Depth of understanding of the value of exercise for health and well-being, mentally, socially, and physically.

## Extensive knowledge and understanding of tactics & concepts

Knowledge and skills to level to provide confidence to participate beyond school. Knowledge of competitive processes, tactics, and habits to maximize performance. Rules understood and how to adhere to these. Understanding of safety within pathway activities and how to assess risk. Depth of understanding of the value of exercise for health and well-being, mentally, socially, and physically.

## CARE values – moral, social & psychological

Purpose of PE explicitly linked to CARE values and demonstration of these within all activities. Enjoyment and social interaction at the heart of the pathway links. Students show awareness for barriers to participating and removing these barriers for all pupils.

## WJEC GCSE PE Theoretical Content

All content learn in the context of developing knowledge, application of this and the ability to evaluate and interpret data.

### Chapter 1: Health, Training & Exercise

- Health, fitness, exercise and well-being and sedentary lifestyle consequences.
- Diet & nutrition including balanced diet & specific diets for performers.
- Components of fitness and testing these components.
- Methods of training, their use and training zones.
- Principles of training and how to apply to a training program.
- Warming- up and cooling down effectively.

Devising a personal fitness Program as part of the written and practical coursework considering the above theory.

### Chapter 2: Exercise Physiology

- Structure & function of muscular & skeletal systems including skeleton, movement and types of joints, names of key voluntary muscles and their role in movement.
- Muscle fibre types and the function of ligaments and tendons.
- Structure and function of the cardio-respiratory and vascular systems.
- Structure of the heart including chambers, arteries and veins, pulmonary and systemic circuits.
- Functions of the systems and their use in exercise.
- Cardiac values at rest and during exercise.
- Structure and functions of the respiratory system during exercise. Lung volumes and the effect of exercise on these.
- Aerobic & anaerobic exercise, the characteristics of these and the short and long-term effects of exercise on the body.
- Analysing data on the above.



## Prior learning

### Prior learning required

- PE Schemes of Work Yr.7 - Yr.9
- No Wasted years model from Yr.7 - Yr.9 embedding theoretical content
- Inter school fixtures / competitions & house events
- Links with Local Sports Clubs creating opportunities to enrich learning beyond the school setting

## Global/IOM/Subject Links

### Links to other subjects

– Anatomy & Physiology → Biology

### Links to Global picture

– Benefits of a healthy and active lifestyle

### Links to IOM

– Links to local sports clubs and local facilities