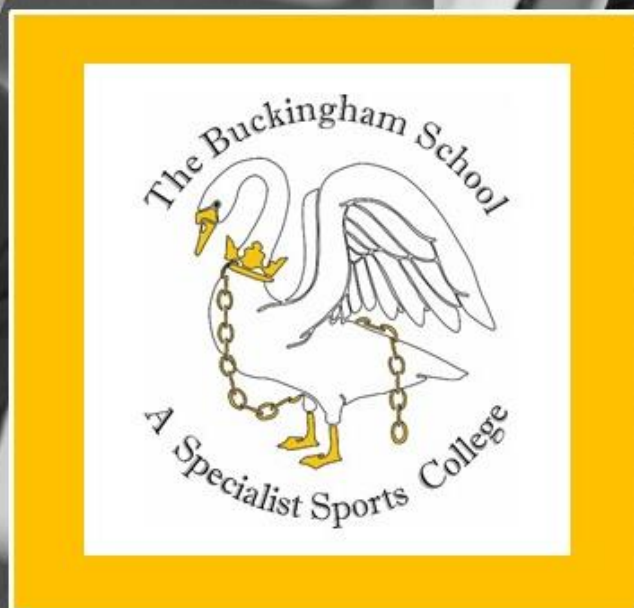


CURRICULUM OVERVIEW 2018-19



GCSE PE

Year 10

Success for All through Achievement, Challenge & Enjoyment



Curriculum Overview 2018-19

Year group: 10

Subject (include exam board if examination subject): AQA GCSE PE

Periods per fortnight: 4 or 6

Term	Topics studied Add dates and any assessments included	Extended learning opportunities (homework, controlled assessments, field work, trips etc.)	How parents could support students
Autumn Term	<p>Paper 1 content:</p> <p>Reasons for and limitations of fitness testing</p> <p>Measuring components of fitness via fitness tests</p> <p>Data - Difference between Quantitative & Qualitative</p> <p>Analysis and evaluation of data</p>	<p>Flipped learning homework for ALL topics</p> <p>Mini Test on content covered this half term</p>	<p>Regular check on Google Classroom to ensure homework, revision, coursework and any other deadlines are being met.</p> <p>Parents to contact tutor if they feel concerned about student</p> <p>Support student with creation of revision schedule/ flash-cards</p> <p>Discussion to determine what best revision techniques suit their learning style</p>
HALF TERM			
	<p>The principles of training and overload</p> <p>Application of the principles of training</p> <p>Types of training</p> <p>Advantages and disadvantages of types of training for specific sports/athletes</p>	<p>Test on all content covered this half term</p> <p>Potential for a trip to ST Georges Park to explore and investigate fitness testing further as well as the effects of exercise</p>	<p>Parents to ensure student has all materials (pencil case/pens) as well as class specific materials (exercise book/ AQA textbook) for every lesson</p> <p>Ensure flipped learning homework is completed before the lesson in order for student to access learning</p> <p>Parents to attend parents evenings to be informed of progress</p>
Spring Term	<p>Paper 1 content:</p> <p>Calculating intensities to optimise training effectiveness</p> <p>Considerations to prevent injury</p> <p>Specific Training techniques - high altitude training as a form of aerobic training</p> <p>Seasonal Aspects - pre/mid/post season</p>	<p>Mini Test on all content covered</p> <p>Flipped learning homework</p>	<p>Support student with creation of revision schedule/ flash-cards</p> <p>Discussion to determine what best revision techniques suit their learning style</p> <p>Ensure flipped learning homework is completed before the lesson in order for student to access learning</p>

HALF TERM			
	<p>Aerobic & Anaerobic exercise</p> <p>Applying Aerobic & Anaerobic exercise in practical examples</p> <p>Excess post-oxygen consumption (EPOC)</p> <p>Recovery process from vigorous exercise</p>	<p>Test on all content covered this half term</p>	<p>Parents to ensure student has all materials (pencil case/pens) as well as class specific materials (exercise book/ AQA textbook) for every lesson</p> <p>Parents to attend parents evenings to be informed of progress</p>
Summer Term	<p>Paper 2 content:</p> <p>Skill & Ability</p> <p>Classification of skill</p> <p>Definition of types of goals</p> <p>Performance & outcome goals</p> <p>SMART targets</p> <p>Basic information processing model</p> <p>Types of guidance and evaluate the effectiveness on different abilities</p> <p>Types of feedback and evaluate the effectiveness on different abilities</p> <p>Arousal</p> <p>Inverted U Theory</p> <p>Link optimal arousal levels to skills</p>	<p>Flipped learning homework on ALL topics</p> <p>Mini Test on all content covered this half term</p>	<p>Regular check on Google Classroom to ensure homework, revision and any other deadlines are being met</p> <p>Parents can check Google Classroom to identify coursework deadlines and track students progress.</p> <p>Support student with creation of revision schedule/ flash-cards</p> <p>Discussion to determine what best revision techniques suit their learning style</p>
HALF TERM			

	<p>Stress management techniques</p> <p>Indirect & direct aggression and apply to sporting examples</p> <p>Personality types - Introvert & extrovert</p> <p>Motivation - Intrinsic & Extrinsic</p> <p>Start of coursework and to be continued over summer and first half term of year 11</p>	<p>Mini test on all content covered this half term</p> <p>End of Year 10 Paper 1 & 2 Tests</p>	<p>Parents to ensure student has all materials (pencil case/pens) as well as class specific materials (exercise book/ AQA textbook) for every lesson</p> <p>Ensure flipped learning homework is completed before the lesson in order for student to access learning</p> <p>Parents to attend parents evenings to be informed of progress</p>
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