

Year 10 GCSE SOW

Week 1 and 2	Intro to GCSE PE Health unit:	Health, fitness and Wellbeing	Sedentary Lifestyle and Obesity
Week 3 and 4	Energy use	Balanced diet and role of nutrients	Role of Carbohydrates, fats, proteins, vitamins
Week 5 and 6	Plotting graphs x and y axis/6/9 mark prep'	Revision of all topics covered	Health unit test
	Musculo-skeletal unit:		
Week 7 and 8	Functions of Skeleton	Freely movable joints/structure of synovial joint	Freely movable joints
Week 9 and 10	1st, 2nd and 3rd class lever systems	1st, 2nd and 3rd class levers cont...	Mechanical advantage
Week 11 and 12	Planes and axes	Planes and axes cont	Basic movement analysis
Week 13 and 14	Recap planes, axes and movement anal	Muscles and movement analysis assessed work	recap
Week 15 and 16	Individual sports application lesson	Water sports application lesson	Basketball/Golf Application lesson
	Cardio-respiratory unit:		
Week 16 and 17	Intro to respiratory sys/Gaseous exchan'	Mechanics of breathing	Lung volumes/spirometer trace
Week 18 and 19	Structure of heart and key terms	Cardiac Cycle	Blood vessels
Week 20 and 21	Effects of exercise on Cardio-respiratory syste	Aerobic and Anaerobic exercise	Epoc
Week 22 and 23	Immediate/short /long terms effects of exerci	Data analysis	Cardio respiratory revision
	Sport Psych unit		

Week 24 and 25	Skill and ability	Skill classifications	Goal-setting and types of goals
Week 26 and 27	Guidance	Feedback	Stages of learning linked to guidance
Week 28 and 29	Arousal	Aggression	Personality
Week 30	Training and fitness unit		
	Components of fitness	Fitness testing(Practical)	Fitness testing(Practical)
Week 31 and 32	Training methods(Practical)	Training methods(Practical)	Training methods(Practical)
Week 33	Mock revision week		
Week 34 and 35	Coursework intro: Fitness strength	Skill Strength	Application
Week 36 and 37	Skill weakness	Teams lesson and begin write up	Teams lesson and write up
Week 38 and 39	Warm up/Cool down Practical	Coursework: Intro to Evaluation	Coursework: Improving fitness strength

Assessment & HW

Obesity, performance and Somatotype	Somatotype H wk
Water balance and hydration and recap diet	Balanced diet H Wk
Test Analysis	Revision for test
Antagonistic muscle action, Muscle contractions	Antagonistic pairs Hwk
Recap muscle/lever system	Levers H Wk
Basic movement analysis	Planes and Axes HWk
Recap	Revise for mock
Practical	
Spirometer trace cont...	Respiratory system Hwk
Vasoconstriction/vasodilation	Blood vessels Hwk
recovery methods	Aerobic/Anaerobic and Recov
Cardio-respiratory end of unit test	

Information processing	Info Processing Hwk
Feedback	Guidance homework
Motivation	Personality/motivation Hwk
Sport psych end of unit test	
Principles of training	Fitness test Hwk
Altitude training/ Training seasons	Training methods Hwk
	Revision for test
Fitness weakness	
	HWK: Fitness strength
Teams lesson and write up	
Coursework: Theory to improve skill weak	HWK Skill strength