

## Year 10 GCSE SOW

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|------------------|--|--|---|
| Week 1 and 2     | Intro to GCSE PE <b>Health unit:</b>   | 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'<br><b>Musculo-skeletal unit:</b> | Revision of all topics covered                     | <b>Health unit test</b>                         |
| 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   | <b>Muscles and movement analysis assessed work</b> | recap   |
| Week 15 and 16   | Individual sports application lesson<br><b>Cardio-respiratory unit:</b>      | Water sports application lesson                    | Basketball/Golf Application lesson              |
| 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<br><b>Sport Psych unit</b>     | Data analysis                                      | Cardio respiratory revision                     |

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|----------------|---|--|---|
| 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        | <b>Training and fitness unit</b>          |  |   |
|                | Components of fitness                     | Fitness testing(Practical)             | Fitness testing(Practical)                    |
| Week 31 and 32 | Training methods(Practical)               | Training methods(Practical)            | Training methods(Practical)                   |
|                |   |  |   |
| Week 33        | <b>Mock revision week</b>                 |  |   |
| Week 34 and 35 | <b>Coursework intro: Fitness strength</b> | <b>Skill Strength</b>                  | <b>Application</b>                            |
|                |   |  |   |
| Week 36 and 37 | <b>Skill weakness</b>                     | <b>Teams lesson and begin write up</b> | <b>Teams lesson and write up</b>              |
| Week 38 and 39 | Warm up/Cool down Practical               | <b>Coursework: Intro to Evaluation</b> | <b>Coursework: Improving fitness strength</b> |

**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             |                             |
|   |                             |

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|--|----------------------------|
| 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         |