

Year	Autumn	Spring	Summer
10	<p>Topics covered this term:</p> <p><b>Theory</b>  <u>Physical Training</u></p> <ul style="list-style-type: none"> <li>• Health and Fitness</li> <li>• Components of Fitness</li> <li>• Fitness Testing</li> <li>• Collecting Data</li> <li>• Types of Training</li> <li>• Principles of Training</li> <li>• Calculating Intensities</li> <li>• Injury Consideration</li> <li>• Altitude Training</li> <li>• Seasonal Aspects</li> <li>• Warming up and cooling down</li> </ul> <p><b>Practical</b></p> <ul style="list-style-type: none"> <li>• Fitness</li> <li>• Badminton</li> </ul>	<p>Topics covered this term:</p> <p><b>Theory</b>  <u>Sports Psychology</u></p> <ul style="list-style-type: none"> <li>• Skill and ability</li> <li>• Classification of skill</li> <li>• Arousal and inverted U theory</li> <li>• Stress management</li> <li>• Types of goals</li> <li>• SMART targets</li> <li>• Information processing</li> <li>• Guidance and feedback</li> <li>• Aggression</li> <li>• Personality</li> <li>• Motivation</li> </ul> <p><u>Anatomy and Physiology</u></p> <ul style="list-style-type: none"> <li>• Bones and structure of skeleton</li> <li>• Functions of the skeleton</li> <li>• Joints</li> <li>• Movement at joints</li> <li>• Muscular system</li> <li>• Antagonise muscle pairs.</li> </ul>	<p>Topics covered this term:</p> <p><b>Theory</b>  <u>Anatomy and Physiology</u></p> <ul style="list-style-type: none"> <li>• Respiratory system - pathway of air</li> <li>• Gaseous exchange</li> <li>• Mechanics of breathing</li> <li>• Spirometer trace</li> <li>• Blood vessels</li> <li>• Structure of the heart</li> <li>• Cardiac cycle</li> <li>• Cardiac output / stroke volume and heart rates</li> <li>• EPOC and recovery processes</li> <li>• Short term and long-term effects of exercise</li> </ul> <p><u>Movement Analysis</u></p> <ul style="list-style-type: none"> <li>• Lever systems</li> <li>• Planes and Axis</li> </ul> <p><u>NEA</u></p>

		<ul style="list-style-type: none"> <li>• Muscle contractions</li> </ul> <b>Practical</b> <ul style="list-style-type: none"> <li>• Basketball</li> <li>• Table Tennis</li> </ul>	<ul style="list-style-type: none"> <li>• Coursework part 1</li> </ul> <b>Practical</b> <ul style="list-style-type: none"> <li>• Athletics</li> </ul>
11	<p>Topics covered this term:</p> <ul style="list-style-type: none"> <li>• NEA Coursework</li> </ul> <p><b>Theory</b></p> <p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>• Physical, emotional and social health</li> <li>• Sedentary Lifestyle</li> <li>• Obesity</li> <li>• Energy Use</li> <li>• Nutrition and Hydration</li> </ul> <p><u>Socio-cultural Issues</u></p> <ul style="list-style-type: none"> <li>• Engagement Patterns</li> </ul> <p><b>Practical</b></p> <ul style="list-style-type: none"> <li>• Table Tennis</li> <li>• Badminton</li> </ul>	<p>Topics covered this term:</p> <ul style="list-style-type: none"> <li>• Commercialisation</li> <li>• Sponsorship</li> <li>• Media/Technology</li> <li>• Performance Enhancing Drugs</li> <li>• Spectator Behaviour</li> <li>• Revision of Y10 and Y11 content</li> </ul> <p><b>Practical</b></p> <ul style="list-style-type: none"> <li>• Basketball/Football</li> <li>• Moderation Preparation</li> </ul>	<p>Topics covered this term:</p> <ul style="list-style-type: none"> <li>• Revision of Year 10 and 11 content.</li> </ul>

## Curriculum Overview – Physical Education GCSE- Shotton Hall.