**Curriculum Overview for AQA GCSE PE**

**Year 10**

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| **Half Term 1:** **Substantive Knowledge – Applied anatomy and physiology*** Location of the bones and muscles
* Structure and function of the skeleton
* Structure and types of synovial joints
* Types of movement and antagonistic pairs

**Disciplinary Knowledge:*** Pupils will link the topics taught to different sports performers and different sporting actions. They will be required to explain, analyse and evaluate
 | Books | Pupils will use sources and sections of text to access information on the different topics. Pupils will read different scenarios and apply their knowledge to these.  |
| Speech | latissimus dorsi, deltoid, rotator cuffs, pectorals , biceps, tricepsabdominals, hip flexors, gluteals, hamstrings, quadriceps, gastrocnemius, tibialis anteriorcranium, vertebrae, scapula, humerus, ribs, sternum, radiusulna, pelvis, femur, tibia, fibulatalus, agonist, antagonist, flexionextension, abduction, adductionrotation, plantar flexion, dorsiflexion, synovial membrane, synovial fluid, joint capsule, bursae, cartilage, ligaments |
| Checklist RTL | 1. Baseline assessment on anatomy and physiology
2. Topic test on bones, muscles and functions of the skeleton once work has been covered
3. Topic test on synovial joints, movement types and antagonistic pairs once work has been covered
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| Home | One piece of homework every two weeks. This will be a minimum of 30 minutes in duration. 1. Describing the bones, muscles and functions of the skeleton needed for a performer and their sport.
2. Revision for end of topic test – exam style questions
3. Describing the movement and antagonistic pairs in specific sporting actions.
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| **Half Term 2:****Substantive Knowledge - Applied anatomy and physiology*** The respiratory system
* The pathway of air
* Gaseous exchange
* The mechanics of breathing
* Blood vessels
* Structure of the heart
* The cardiac cycle

**Disciplinary Knowledge:*** Pupils will link the topics taught to different sports performers and different sporting actions. They will be required to explain, analyse and evaluate each of the topics covered. They will explain how exercise results in changes to the different body systems covered.
 | Books | Pupils will use sources and sections of text to access information on the different topics. Reading scenarios and applying knowledge to these  |
|  | Speech | trachea, bronchi, bronchioles, alveolivalves, veins, capillaries, arteriesblood pressurevasoconstriction, vasodilation |
|  | Checklist RTL | 1. Baseline assessment on knowledge of the cardiac and respiratory system
2. Topic test on the respiratory system
3. Topic test on the cardiovascular system once work has been covered
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|  | Home | One piece of homework every two weeks. This will be a minimum of 30 minutes in duration. 1. Describing the parts of the respiratory system and the flow of oxygen through it
2. Revision for end of topic test – exam style questions
3. Describing the cardiovascular system and the effects of exercise.
4. Revision for the end of topic test – exam style questions.
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