



SUBJECT: Curriculum Overview

Year 10 GCSE

Half Term	Topic studied	What will I learn?	How will I be assessed?
Year 10 Autumn 1	2.2 - applying the Principles of Training Practical activities	The definitions of the principles of training <ul style="list-style-type: none"> • Specificity; Overload; Progression; Reversibility To apply these principles to personal exercise and training programmes A carousel of activities in which the students will be assessed.	Class teacher assessment and classwork/ homework pieces. End of unit test Practical assessments are performed at the end of each block
Year 10 Autumn 2	2.2 - applying the Principles of Training Practical activities	The definition of the FITT principle and be able to apply these elements to personal training and exercise. The different types of training and understand the key components and benefits of a warm up and cool down. A carousel of activities in which the students will be assessed.	Class teacher assessment and classwork/ homework pieces. End of unit test Practical assessments are performed at the end of each block
Year 10 Spring 1	2.3 – Preventing Injury in Physical Activity and Training Practical activities	To know and understand how the risk of injury in physical activity and sport can be minimised and be able to apply examples, including: <ul style="list-style-type: none"> • Personal protective equipment; Correct footwear and clothing; Lifting and carrying equipment safely; Use of warm up and cool down A carousel of activities in which the students will be assessed.	Class teacher assessment and classwork/ homework pieces. End of unit test Practical assessments are performed at the end of each block
Year 10 Spring 2	2.3 – Preventing Injury in Physical Activity and Training Practical activities	The potential hazards in a range of physical activity and sport settings and be able to apply examples including: <ul style="list-style-type: none"> • Sports Hall; Fitness centre; Playing fields; Artificial outdoor areas; Swimming pools A carousel of activities in which the students will be assessed.	Class teacher assessment and classwork/ homework pieces. End of unit test Practical assessments are performed at the end of each block
Year 10 Summer 1	<u>Section 4 – Sports Psychology</u> 4.1 - Characteristics of Skilful Movement and Classification of Skills 4.2 – Goal Setting Practical activities	The understanding of the characteristics of a skilful movement. To apply these characteristics to practical examples. <ul style="list-style-type: none"> • Definition of motor skills; Characteristics of skilled performers; Efficiency in sport; Pre-determined movements; Coordination; Fluency; Aesthetics’ in sport; Skill continuums The understanding and application of goal setting for <ul style="list-style-type: none"> • For exercise and training adherence • To motivate performers To improve and optimise performance Understand and apply the SMART principle A carousel of activities that the students will be assessed in.	Class teacher assessment and classwork/ homework pieces. End of unit test Practical assessments are performed at the end of each block
Year 10 Summer 2	<u>Section 4 – Sports Psychology</u> 4.3 – Mental Preparation 4.4 – Types of Guidance and Feedback Practical activities	How to apply the following in order to maximise and improve physical performance? <ul style="list-style-type: none"> • Imagery; Mental rehearsal; Selective attention; Positive thinking To give sporting examples of the above To understand the different types of guidance and apply practical examples of their use in sport. <ul style="list-style-type: none"> • Visual; Verbal; Manual; Mechanical To understand the different types of feedback associated with sport and it what context they can be used to help performers. A carousel of activities that the students will be assessed in.	Class teacher assessment and classwork/ homework pieces. End of unit test Practical assessments are performed at the end of each block

