

Year 10

Subject: Physical Education

	Unit of work & brief outline of what will be covered.	Key Objectives – what will students learn	Assessment
1	<p>The structure and functions of the musculoskeletal system The structure and functions of the cardio-respiratory system Anaerobic and aerobic exercise The short and long term effects of exercise</p> <p>NEA – Netball</p>	<p>Structure and functions of the Skeleton, Bones, Types of Joints, Synovial Joints, Muscles, Movements at Joints, Antagonistic Muscles pairs, muscle contractions. Respiratory system structure, gaseous exchange, pathway of blood, structure of the heart, blood vessels. Spirometer Trace Aerobic and Anaerobic exercise and relevance to sports performers Immediate, short and long term effects of exercise</p> <p>Key skills in netball, passing, dodging, marking, shooting, rebound, footwork. Rules and tactics in netball, game play</p>	<p>Learning checks End of chapter test</p> <p>End of Netball assessment</p>
2	<p>Lever systems, examples of their use in activity and the mechanical advantage they provide in movement Planes and axes of movement</p> <p>Physical Training</p> <p>NEA – Badminton</p>	<p>Different lever class systems, mechanical advantage analysis of basic sporting movements Planes and axes in relation to movement and sporting actions Health, Fitness Components of fitness, fitness testing, data collection, relevant sporting examples, principles of training, intensities to optimise training, types of training.</p> <p>Key skills, service, overhead shots, underarm shots, net play, smash shot.</p>	<p>Learning checks Extended writing questions End of chapter test</p> <p>End of Badminton assessment (part I)</p>
3	<p>Physical Training</p> <p>NEA – Table tennis</p>	<p>Preventing injuries, specific training methods – altitude training, seasonal aspects (training seasons), and effective use of a warm up and cool down.</p>	<p>Learning checks Extended writing questions End of chapter test</p> <p>End of Table tennis assessment</p>

HIGHGATE WOOD SCHOOL: CURRICULUM MAP FOR KEY STAGE 4

		Key skills, service, drives, push shots, lobs, smash shots. Rules and tactics in singles table tennis, game play	
4	Sports psychology NEA – Football	Classification of Skills, different types of goals in sport, use of goal setting and SMART targets to improve or optimise performance, basic information processing model. Guidance and feedback on performance Key skills, passing/receiving, dribbling, shooting, crossing, playing through balls, tackling, jockeying, closing down, marking. Rules, and tactics in football, game play	Learning checks Extended writing questions End of chapter test End of football assessment
5	Sports psychology NEA – Badminton	Mental preparation for sport - Arousal, ways to control arousal, aggression in sport, personalities in sport, motivation in sport Rules and tactics in singles badminton, game play	Learning checks Extended writing questions End of chapter test Mock Paper 1 End of Badminton assessment (part 2)
6	NEA – Coursework write up (analysis) NEA – Netball	Students will analyse their performance in a sport, evaluating two strengths (one skill and one fitness component) and two weakness (one skill and one fitness component). They will then apply this to relevant recent sporting performance examples. Retrieval of netball rules and game play further developing tactics and game play	Part 1 of coursework write up Netball assessment part 2