



# AQA GCSE PE



Archdiocese of Liverpool

## Curriculum intent:

The intent of the PE curriculum at St. Gregory's Catholic High School is to strike the right balance between provision, participation and performance for all of our pupils. The PE curriculum has been designed to provide pupils with an enjoyable and stimulating experience, which broadens their sporting horizons and provides the platform for a lifelong healthy lifestyle.

Our intent as a department is to ensure that our curriculum

1. Provides our pupils with new sporting experiences and increases their intellectual understanding of the subject
2. Fosters a love of learning for the subject that stimulates the academic and practical inquisitiveness of our pupils
3. Creates clear pathways for pupils to study the subject further in Key Stage 4 and beyond secondary education into post -16 education and employment

## Year 10 AQA GCSE PE

TERM 1

### Content

Structure and functions of musculo-skeletal system  
 Structure and functions of cardio-respiratory system  
 Aerobic and Anaerobic respiration in relation to sport and physical activity

### Concepts and Skills

- Identification of key components and structures
- Identify and explain joint types and how they are linked to eccentric and concentric contraction
- Interpretation of cardio-respiratory data and changes of exercise intensity
- Evaluate and justify the effectiveness of anatomical structures and systems
- Provide relevant sporting examples that are coherently explained to demonstrate deep understanding

TERM 2

Short and long- term effects of exercise  
 Movement analysis  
 Physical training

- Relationship between health and fitness
- Components of fitness
- Reasons and limitations of fitness testing
- Measuring components of fitness

- Define the relationship between health and fitness
- Recall correct definitions
- Understand and justify linkages between components and physical activities
- Evaluate benefits and limitations of tests and procedures within physical training
- Understanding of the distinction between different training methods

TERM 3

Physical Training  
 - Principle of training  
 - Calculating intensities  
 Optimising training to prevent injury  
 Effective use of warm-up and cool-down  
 Use of data  
 Sports psychology

- Understanding how training programs are effectively created to improve performance
- Calculation of aerobic and anaerobic intensities
- Understand and explain differences of data and data collection
- Understand and justify appropriate warm up/ cool down techniques
- Define, justify and evaluate training intensities
- Understanding of skill classification and apply to continuums justifying sporting examples

