



Year 10 Curriculum Grid



GCSE PE

Year/Term	Unit	Intent
Overall		<ul style="list-style-type: none"> •
Autumn	Physical Training: The relationship between health and fitness and the role that exercise plays in both	<ul style="list-style-type: none"> • Health and fitness • The relationship between health and fitness
	The components of fitness, benefits for sport and how fitness is measured and improved: The components of fitness	<ul style="list-style-type: none"> • The components of fitness • Linking sports and physical activity to the required components of fitness • Reasons for and limitations of fitness testing • Measuring the components of fitness • Demonstration of how data is collected for fitness testing
	The principles of training and their application to personal exercise/training programmes	<ul style="list-style-type: none"> • The principles of training and overload • Application of the principles of training • Types of training • Identification of the advantages and disadvantages (the effects on the body) of training types linked to specific aims
	How to optimise training and prevent injury	<ul style="list-style-type: none"> • Calculating intensities to optimise training effectiveness • Considerations to prevent injury • Specific training techniques – high altitude training as a form of aerobic training • Seasonal aspects
	Effective use of warm up and cool down	<ul style="list-style-type: none"> • Warming up and cooling down
Spring	Health, fitness and wellbeing	<ul style="list-style-type: none"> • Linking participation in physical activity, exercise and sport to health, wellbeing and fitness, and how exercise can suit the varying needs of different people
	The consequences of a sedentary lifestyle	<ul style="list-style-type: none"> • The consequences of a sedentary lifestyle • Obesity and how it may affect performance in physical activity and sport • Somatotypes
	Energy use, diet, nutrition and hydration	<ul style="list-style-type: none"> • Energy use • Nutrition – reasons for having balanced diet • Nutrition – the role of carbohydrates, fat, protein and vitamins/minerals • Reasons for maintaining water balance (hydration)



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Spring	Engagement patterns of different social groups in physical activity and sport	<ul style="list-style-type: none"> Engagement patterns of different social groups and the factors affecting participation
	Commercialisation of physical activity and sport	<ul style="list-style-type: none"> Commercialisation Types of sponsorship and the media Positive and negative impacts of sponsorship and the media Positive and negative impacts of technology
Summer	Ethical and socio-cultural issues in physical activity and sport	<ul style="list-style-type: none"> Conduct of performers Prohibited substances Prohibited methods (blood doping) Drugs subject to certain restrictions (beta blockers) Which type of performers may use different types of performance enhancing drugs (PEDs) with sporting examples The advantages and disadvantages for the performer of taking PEDs The disadvantages to the sport/event of performers taking PEDs Spectator behaviour (the positive and the negative effects of spectators at events) Reasons why hooliganism occurs Strategies employed to combat hooliganism/ spectator behaviour