


St Richard Reynolds Catholic High

<p>SUBJECT: Physical Education YEAR GROUP: 10</p> <p>TOPICS COVERED: (AQA GCSE PE)</p> <ol style="list-style-type: none"> 1. Applied anatomy and physiology 2. Movement analysis 3. Physical training 4. Use of dat 5. Sports psychology 6. Socio-cultural influences 7. Health, fitness and wellbeing 	<p style="text-align: center;"><i>Insert P</i></p>  <p style="text-align: center;"><i>icture</i></p>
<p>PROGRAMME OF STUDY</p>	<p>METHOD OF ASSESSMENT</p>
<p>Autumn Half Term 1:</p> <ul style="list-style-type: none"> • Applied anatomy and physiology CV System, skeletal system, respiratory System 	<p>Weekly 10 mark questions</p>
<p>Autumn Half Term 2:</p> <ul style="list-style-type: none"> • Applied anatomy and physiology Levers, planes and axis 	<p>Weekly 10 mark questions Formal end of term assessment Extended answer questions</p>
<p>Spring Half Term 3:</p> <ul style="list-style-type: none"> • Physical training Principles and methods of training 	<p>Weekly 10 mark questions Extended answer questions</p>

Spring Half Term 4: <ul style="list-style-type: none"> ● Physical training ● Use of Data Line graphs/bar charts, analysing data	Weekly 10 mark questions Formal end of term assessment Extended answer questions
Summer Half Term 5: <ul style="list-style-type: none"> ● Sports psychology Guidance, feedback, arousal, personality	Weekly 10 mark questions End of year 10 assessment Extended answer questions
Summer Half Term 6: <ul style="list-style-type: none"> ● Socio-cultural influences Participation in sport, commercialism	Weekly 10 mark questions Formal end of term assessment Extended answer questions
Key Skills: Develop, explain, analyse, describe, recognise, construct arguments, interpret, make reasoned judgements, make links/connections	