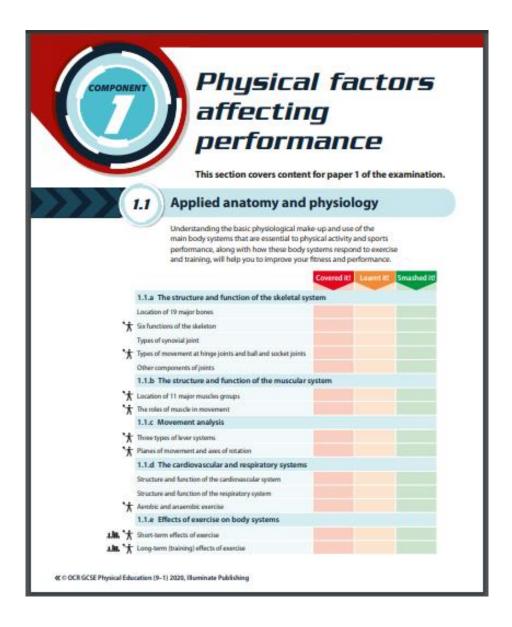
## Year 10 GCSE PE guidance for school absence and catch up work.

Alongside this document you should have access to the following documents below. The first document provides a detailed checklist for students to check their knowledge against for all topics. This will be available through their google classroom which they can access through RM unify.

The code is: kscwnl2



Below is an overview of the two year topics covered through GCSE PE. The document below will demonstrate which topics we are covering and the essential knowledge required in each weeks of lessons. These will all be available through google classroom. As with all of our teaching there maybe slight variation on timings if a class needs greater input in one area as we will teach to student needs.

			GCSE PE Programme of Learning Year	10	
	Week No.	Week	Торіс	T and L	Notes about learning
Autumn Term 1	1	А	Location of Bones     Functions of Skeleton     Location of Major Muscles	Teaching	
	2	В	The role of Muscles in Movement (examples)     Movement around a joint	Teaching	
	3	А	The role of Muscles in Movement (examples)     Movement around a joint	Teaching	
	4	В	Structure of Synovial Joints     Movement around a joint	Teaching	
	5	А	Structure of Synovial Joints     Movement around a joint	Teaching	
	6	В	Test	End of unit Test	
	7	А	Purple pen to improve in areas needing improvement (extension tasks)	Teacher Impact	
			Half Term		
	1	В	- Health. Fitness and Wellbeing	Teaching	
	2	А	- Trends in Participation	Teaching	
Autumn Term 2	3	В	Barriers to Participation     Trends in participation	Teaching	
	4	А	Roles and responsibilities of National organisations     Barriers to Participation	Teaching	
	5	В	- Roles and responsibilities of National organisations	Teaching	
	6	A	Test	End of Unit Test	
	7	В	Purple pen to improve in areas needing improvement (extension tasks)	Teacher Impact	
			Christmas		
Spring term 1	1	A	- Structure and function of the Cardiovascular system	Teaching	
	2	В	- Structure and function of the Cardiovascular system	Teaching	
	3	А	- Structure and Function of the Respiratory System	Teaching	
	4	В	- Structure and Function of the Respiratory System	Teaching	
	5	А	Test	End of Unit Test	
	6	В	Purple pen to improve in areas needing improvement (extension tasks)	Teacher Impact	

	GCSE PE SCHEME OF WORK		
ANATOMY &	YEAR 10 AUTUMN 1	Possible Activities	Homework
PHYSIOLOGY	Content		
		/Resources	
Week 1	L/O – To label the bones of the skeleton. To describe the functions of the skeleton and apply this with	See Lesson 1	
Location of Bones & Muscles and Functions	examples. To locate the major muscles in the body.	folder	
of the Skeleton	Key Content:		
	<ol> <li>Location of Major bones in the Skeleton.</li> <li>Understand how the Skeleton provides or allows the six main functions to happen.</li> </ol>		
	3. Apply this knowledge with examples.		
	Location of the major muscles in the body.		
	Key Words: Cranium, Vertebrae, Ribs, Sternum, Clavicle, Scapula, Radius, Ulna, Pelvis, <u>Humerus</u> , Carpals,		
	Meta Carpals, Tarsals, Meta Tarsals, Femur, Tibia, Fibula, Patella, Phalanges,		
	Support, Posture, Protection, Movement, Blood Production, Storage of Minerals. Deltoid, Trapezius,		
	Latissimus Dorsi, Pectorals, Biceps, Triceps, Abdominals, Quadriceps, Hamstrings, Gluteals, Gastrocnemius, Iliopsoas.		

	L/O To identify each of the muscles in the body and apply this knowledge to an example from a	See lesson 2	
Week 2	physical activity/sport. To describe the way in which muscles and bones work together to produce	folder	
The role of muscles in	movement.		
movement	Key Content:		
	<ol> <li>Describe the name and location of the muscles in the human body.</li> </ol>		
	<ol> <li>Be able to apply the correct muscles to examples of sporting movements.</li> </ol>		
	<ol> <li>Describe muscles and movement (Antagonist/Agonist/Fixator, synergist).</li> </ol>		
	4- Apply this to examples.		
	Key Words: Deltoid, Trapezius, Latissimus Dorsi, Pectorals, Biceps, Triceps, Abdominals, Quadriceps,		
	Hamstrings, Gluteals, Gastrocnemius. Agonist, Antagonist, Fixator, antagonistic muscle action. Contract,		
	Relax, Prime mover.		

Should you require further resources to support your young person you can find theexam course guidance here:

https://www.ocr.org.uk/Images/234822-specification-accredited-gcse-physical-education-j587.pdf

BBC bitesize also do some really good information to support with learning here:

https://www.bbc.co.uk/bitesize/examspecs/ztrcg82

Should you have any PE related questions whilst your young person is not in college please contact either Mr Gillard or Mrs Wright on the following emails and they will respond to you as soon as possible with support.

dgillard@kingedwardvi.devon.sch.uk

nwright@kingedwardvi.devon.sch.uk