

## 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

COMPONENT  
**1**

# Physical factors affecting performance

This section covers content for paper 1 of the examination.

1.1

Applied anatomy and physiology

Understanding the basic physiological make-up and use of the main body systems that are essential to physical activity and sports performance, along with how these body systems respond to exercise and training, will help you to improve your fitness and performance.

	Covered it!	Learned it!	Smashed it!
<b>1.1.a The structure and function of the skeletal system</b>			
Location of 19 major bones			
*A Six functions of the skeleton			
Types of synovial joint			
*A Types of movement at hinge joints and ball and socket joints			
Other components of joints			
<b>1.1.b The structure and function of the muscular system</b>			
*A Location of 11 major muscles groups			
*A The roles of muscle in movement			
<b>1.1.c Movement analysis</b>			
*A Three types of lever systems			
*A Planes of movement and axes of rotation			
<b>1.1.d The cardiovascular and respiratory systems</b>			
Structure and function of the cardiovascular system			
Structure and function of the respiratory system			
*A Aerobic and anaerobic exercise			
<b>1.1.e Effects of exercise on body systems</b>			
1.1e *A Short-term effects of exercise			
1.1e *A Long-term (training) effects of exercise			

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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	Topic	T and L	Notes about learning
Autumn Term 1	1	A	- Location of Bones - Functions of Skeleton - Location of Major Muscles	Teaching	
	2	B	- The role of Muscles in Movement (examples) - Movement around a joint	Teaching	
	3	A	- The role of Muscles in Movement (examples) - Movement around a joint	Teaching	
	4	B	- Structure of Synovial Joints - Movement around a joint	Teaching	
	5	A	- Structure of Synovial Joints - Movement around a joint	Teaching	
	6	B	Test	End of unit Test	
	7	A	Purple pen to improve in areas needing improvement (extension tasks)	Teacher impact	
<b>Half Term</b>					
Autumn Term 2	1	B	- Health, Fitness and Wellbeing	Teaching	
	2	A	- Trends in Participation	Teaching	
	3	B	- Barriers to Participation - Trends in participation	Teaching	
	4	A	- Roles and responsibilities of National organisations - Barriers to Participation	Teaching	
	5	B	- Roles and responsibilities of National organisations	Teaching	
	6	A	Test	End of Unit Test	
	7	B	Purple pen to improve in areas needing improvement (extension tasks)	Teacher impact	
<b>Christmas</b>					
Spring term 1	1	A	- Structure and function of the Cardiovascular system	Teaching	
	2	B	- Structure and function of the Cardiovascular system	Teaching	
	3	A	- Structure and Function of the Respiratory System	Teaching	
	4	B	- Structure and Function of the Respiratory System	Teaching	
	5	A	Test	End of Unit Test	
	6	B	Purple pen to improve in areas needing improvement (extension tasks)	Teacher impact	



GCSE PE SCHEME OF WORK			
ANATOMY & PHYSIOLOGY	YEAR 10 AUTUMN 1 Content	Possible Activities /Resources	Homework
<b>Week 1</b> <u>Location of Bones &amp; Muscles and Functions of the Skeleton</u>	<p>L/O – To label the bones of the skeleton. To describe the functions of the skeleton and apply this with examples. To locate the major muscles in the body.</p> <p>Key Content:</p> <ol style="list-style-type: none"> <li>1. Location of Major bones in the Skeleton.</li> <li>2. Understand how the Skeleton provides or allows the six main functions to happen.</li> <li>3. Apply this knowledge with examples.</li> <li>4. Location of the major muscles in the body.</li> </ol> <p>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.</p>	See Lesson 1 folder	
<b>Week 2</b> <u>The role of muscles in movement</u>	<p>L/O To identify each of the muscles in the body and apply this knowledge to an example from a physical activity/sport. To describe the way in which muscles and bones work together to produce movement.</p> <p>Key Content:</p> <ol style="list-style-type: none"> <li>1- Describe the name and location of the muscles in the human body.</li> <li>2- Be able to apply the correct muscles to examples of sporting movements.</li> <li>3- Describe muscles and movement (Antagonist/Agonist/Fixator, synergist).</li> <li>4- Apply this to examples.</li> </ol> <p>Key Words: Deltoid, Trapezius, Latissimus Dorsi, Pectorals, Biceps, Triceps, Abdominals, Quadriceps, Hamstrings, Gluteals, Gastrocnemius. Agonist, Antagonist, Fixator, antagonistic muscle action. Contract, Relax, Prime mover.</p>	See lesson 2 folder	

Should you require further resources to support your young person you can find the exam 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.

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