GCSE PE Year 10 Curriculum End Points and key vocabulary

Paper 1 - Anatomy

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Unit of Work	- The structure & function of the Skeletal system - The structure & function of the muscular system	- The structure & function of the muscular system - Movement Analysis	The Cardiovascular System	The Respiratory System	The Short-Term and Long-Term Effects of Exercise/ Components of fitness	Components of fitness / Applying the principles of training
Ethos Links	STEM – science of the body Learning habits: Listening / Thinking / Questioning	STEM – science of the body Learning habits: Listening / Thinking / Questioning	STEM – science of the body Learning habits: Listening /Thinking / Questioning	STEM – science of the body Learning habits: Listening /Thinking / Questioning /Analysing	STEM – science of the body Learning habits: Listening /Thinking Questioning / Evaluating /Analysing	STEM – science of the body Learning habits: Listening /Thinking / Questioning / Evaluating /Analysing
Knowledge	By the end of this unit students will know and understand: - The names and locate major bones and muscle groups in the human body. - Understand how the skeleton helps us function and the roles of the joints in movement.	By the end of this unit students will know and understand: - Understand how muscles allow different movements. - Know how muscles work as antagonistic pairs. - Know the roles of ligaments, tendons and cartilage. - To know the three different classes of lever and use examples from sport to show how levers	By the end of this unit students will know and understand: - Understand how the blood, blood vessels and the heart work together to transport oxygen around the body. - To know the different types of blood vessel and their roles (arteries, veins & capillaries) To know the definitions of heart rate, stroke volume and cardiac output	By the end of this unit students will know and understand: - Understand how the lungs and respiratory muscles work to supply the body with oxygen and remove carbon dioxide. - To understand the pathway of air through the respiratory system. - To know the role of respiratory muscles in breathing.	By the end of this unit students will know and understand: - Know how exercise immediately effects the bodies systems. - Know how long-term participation in physical activity can benefit the bodies systems. - know the different components of fitness.	By the end of this unit students will know and understand: - know the different components of fitness and how to test each component. - Know the definitions of principles of training - Understand FITT and the different types of training.

		operate to produce movement. - Know the three different planes of movement and the three different axes of rotations to explain how movements of performed in sport.	and what happens to these during exercise - To know the functions of red bloods cells.	- Understand about alveoli at the site of gas exchange. - Know the definitions of aerobic and anaerobic exercise.		
Key Vocabulary	Cranium/ vertebrae / ribs / sternum / clavicle / scapula / pelvis / humerus / ulna / radius / carpals / metacarpals / phalanges / femur / patella / tibia / fibula / tarsals / metatarsals / support / posture / protection / movement / blood cell production / storage of minerals / hinge / ball and socket / Flexion / extension / rotation / abduction / adduction / circumduction / deltoid / trapezius / latissimus dorsi / pectorals / biceps / triceps / abdominals / quadriceps / hamstrings / gluteal / gastrocnemius	ligament / cartilage / tendons / agonist / antagonist / fixator / 1st class / 2nd class / 3rd class / frontal / transverse / sagittal / longitudinal	Arteries / capillaries / veins / atria / ventricles / bicuspid / tricuspid / semilunar valve / aorta / pulmonary artery / vena cava / pulmonary vein / heart rate / stroke volume / cardiac output /red blood cells	Mouth / nose / trachea / bronchi / bronchiole / alveoli / diaphragm / intercostals / breathing rate / tidal volume / minute ventilation / gas exchange / aerobic exercise / anaerobic exercise	Muscle temperature / heart rate / stroke volume / cardiac output / redistribution of blood flow / respiratory rate / tidal volume / minute ventilation / oxygen to working muscles / lactic acid production / bone density / hypertrophy / muscular strength / endurance / resistance to fatigue / hypertrophy / aerobic capacity / capillarisation Cardiovascular endurance / muscular endurance / speed / strength / power	Flexibility / agility / balance / co-ordination / reaction time / specificity / overload / progression / reversibility / continuous / fartlek / interval / circuit / weight / plyometrics / HIIT

Paper 2 (Socio-cultural)

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Unit of Work	Socio Cultural Influences	Commercialisation of Physical activity and Sport	Ethical and socio-cultural issues in Physical Activity and Sport.	Sports psychology (Characteristics of skilful movement / Classification of skills / goal setting)	Sports psychology (Mental preparation / types of guidance / types of feedback)	Health, fitness and well being
Ethos Links	STEM: Data (trends in participation) Learning habits: Listening / analysing	Learning habits: Listening /Thinking / Questioning	Milton Keynes – role models Learning habits: Listening /Thinking / Questioning / Evaluating	STEM: Science – how are body moves to create skills Learning habits: Listening /Thinking / Questioning / analysing	STEM: Science of the body – how our brains work Learning habits: Listening /Thinking / Questioning	STEM: science of the body Learning habits: Listening /Thinking / Questioning / analysing
Knowledge	By the end of this unit students will know and understand: - Different trends in participation using different sources such as Sport England, NGB's. - Understand and provide examples for different factors that can affect participation such as age, gender, ethnicity, religion, family, education, time, work commitments, cost, disposable income, discrimination, disability and environment. - Know strategies that can improve participation –	By the end of this unit students will know and understand: - The influence of the media on the commercialisation of physical activity and sport. - Know the meaning of commercialisation and the Golden Triangle. - Understand the influence of sponsorship on the commercialisation of physical activity and sport.	By the end of this unit students will know and understand: - The differences between Sportsmanship, gamesmanship and deviance. - Reasons why sports performers use drugs. - Impact of drug use in sport. - Reasons for player violence.	By the end of this unit students will know and understand: - The characteristics of skilful movement and how to describe different sporting situations. - Skill continua and how to use it. - Definitions of SMART (Specific, measurable, achievable, recorded, timed) Apply to SMART practical goals. - Know why it is important for sports performers to set goals.	By the end of this unit students will know and understand: - Know mental preparation techniques. - Understand types of guidance, their advantages and disadvantages. - Understand types of feedback and be able to apply practical examples.	By the end of this unit students will know and understand: - The different health benefits of physical activity ad consequences of a sedentary lifestyle - Understand the differences between physical, emotional and social health and well-being.

	promotion, access, provision.					
Key Vocabulary	National governing bodies / DCMS / Trends in participation / age / gender / ethnicity / religion / culture / family / education / time / work / cost / disposable income / disability / opportunities / access / discrimination / environment / climate / media coverage / role models / promotion / provision	Commercialisation / Social media / Internet / TV / Visual / Newspapers / Golden triangle / sponsorship	Sportsmanship / gamesmanship / deviance / anabolic steroids / beta blockers / stimulants / frustration / retaliation / anger / aggression	Efficiency / pre-determined / co-ordinated / fluent / aesthetic / environmental continuum / open or closed / difficulty continuum/ simple or complex / exercise adherence/ motivation / specific / measurable / achievable / recorded / timed	Imagery, mental preparation, selective attention, positive and negative thinking. Visual, Verbal, Manual and Mechanical. – intrinsic / extrinsic feedback, knowledge of performance / knowledge of results and positive / negative feedback.	Physical: injury, coronary heart disease (CHD) blood pressure, bone density, obesity, Type 2 diabetes, posture, fitness. Emotional: self-esteem/confidence, stress management, image. Social: friendship, belonging to a group, loneliness. Apply all to different groups.