

Year 10: PE Theory Long Term Plan (Year 1)

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Topic | <p>BTEC Level 1 Introduction to Sport</p> <ul style="list-style-type: none"> • Unit A1: Being Organised • Unit A2: Developing a Personal Progression Plan <p>-----</p> <p>GCSE PE</p> <ul style="list-style-type: none"> • Physical, Mental and Social Health. • Lifestyle Choices. • Impact of Lifestyle Choices. • Sedentary lifestyles and consequences. • Short-term effects of exercise and the relevance of this to the player/performer. | <p>BTEC Level 1 Introduction to Sport</p> <ul style="list-style-type: none"> • Chosen Unit 1 • Chosen Unit 2 • Chosen Unit 3 (See BTEC Unit Map for information) <p>-----</p> <p>GCSE PE</p> <ul style="list-style-type: none"> • Balanced diet and the role of nutrients. • Dietary manipulation for sport (carb-loading, protein intake and hydration). • Optimum weight due to physical characteristics and variations according to role in physical activity. • Topic Summary. | <p>BTEC Level 1 Introduction to Sport</p> <ul style="list-style-type: none"> • Chosen Unit 4 • Chosen Unit 5 (See BTEC Unit Map for information) <p>-----</p> <p>GCSE PE</p> <ul style="list-style-type: none"> • Fitness Testing. • PEP • Components of Fitness. | <p>GCSE PE</p> <ul style="list-style-type: none"> • Opportunities for participation in sport. • Influences in sport. • Sports participation pyramid. | <p>GCSE PE</p> <ul style="list-style-type: none"> • Skeletal system – structure of the skeletal system. • Classification of joints and their impact on the range of possible movements. • Skeletal system – functions applied to performance in physical activities and sports. • Skeletal system – classification of bones and how function of bone type is relevant to performance in physical activities and sports. | <p>GCSE PE</p> <ul style="list-style-type: none"> • Movement possibilities at joints dependent on joint classification. • Examples of physical activity and sporting skills and techniques that utilise these movements in different sporting contexts. • Sports Injuries. |

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| Knowledge | BTEC Level 1 Introduction to Sport <ul style="list-style-type: none"> • The importance of being organised • Ways in which to become more organised using both paper and software • Understanding the importance of forward thinking and planning • The difference and importance of skills and behaviours • Goal setting and how this can positively affect your career path. | BTEC Level 1 Introduction to Sport <ul style="list-style-type: none"> • See BTEC Unit Map for Information | GCSE PE <ul style="list-style-type: none"> • Identify and differentiate from health-related fitness to skill related fitness. • Identify the appropriate fitness tests. • Complete a personal exercise plan. | GCSE PE <ul style="list-style-type: none"> • Initiatives. • Cultural, Health, Image, Resources, People, Socio-Economic. <p>To look at the various levels of the sports participation pyramid, from foundation to elite.</p> | GCSE PE <ul style="list-style-type: none"> • Explanation of function applied to physical activity • Protection of vital organs, muscle attachment, joints for movement, platelets, red and white blood cell production, storage of calcium and phosphorus • Long (leverage), short (weight bearing), flat (protection, broad surface for muscle attachment), irregular (protection and muscle attachment) applied to performance in physical activity and sports • Identification of bones: cranium, clavicle, scapula, | GCSE PE <ul style="list-style-type: none"> • Flexion, extension, adduction, abduction, rotation, circumduction, plantar-flexion, dorsi-flexion • Pivot (neck – atlas and axis), hinge (elbow, knee and ankle), ball and socket (hip and shoulder), condyloid (wrist). • Movement Analysis • Sports injuries and appropriate treatment. • To analyse the effectiveness of protective equipment in sports to prevent injuries. |
| | <hr/> GCSE PE <ul style="list-style-type: none"> • Physical: how increasing physical ability, | <hr/> GCSE PE <ul style="list-style-type: none"> • The nutritional requirements and ratio of nutrients | | | | |

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| | <p>through improving components of fitness, can improve health/reduce health risks and how these benefits are achieved</p> <ul style="list-style-type: none"> • Emotional: how participation in physical activity and sport can improve emotional/psychological health and how these benefits are achieved • Social: how participation in physical activity and sport can improve social health and how these benefits are achieved • Lifestyle choices in relation to: diet, activity level, | <p>for a balanced diet to maintain a healthy lifestyle and optimise specific performances in physical activity and sport</p> <ul style="list-style-type: none"> • Role of macronutrients: (carbohydrates, proteins and fats) for performers/players in physical activities and sports • Role of micronutrients: (vitamins and minerals), water and fibre for performers/players in physical activities and sports. • The correct energy balance to maintain a healthy weight | | | <p>five regions of the vertebral column (cervical, thoracic, lumbar, sacrum, coccyx), ribs, sternum, humerus, radius, ulna, carpals, metacarpals, phalanges (in the hand), pelvis, femur, patella, tibia, fibula, tarsals, metatarsals, phalanges (in the foot).</p> | |
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| | <p>work/rest/sleep balance, and recreational drugs (alcohol, nicotine)</p> <ul style="list-style-type: none"> • Positive and negative impact of lifestyle choices on health, fitness and well-being, e.g. the negative effects of smoking (bronchitis, lung cancer) • A sedentary lifestyle and its consequences: overweight, overfat, obese, increased risk to long-term health, e.g. depression, coronary heart disease, high blood pressure, diabetes, increased risk of osteoporosis, loss of muscle tone, posture, impact on components of fitness | <ul style="list-style-type: none"> • Carbohydrate loading for endurance athletes, and timing of protein intake for power athletes • Hydration for physical activity and sport: why it is important, and how correct levels can be maintained during physical activity and sport • Fats as a fuel source for aerobic activity, carbohydrates as a fuel source for aerobic and anaerobic activity • The factors affecting optimum weight: sex, height, bone structure and muscle girth • The variation in optimum weight according to roles | | | | |
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| | <ul style="list-style-type: none"> • Muscular: lactate accumulation, muscle fatigue. CV: heart rate, stroke volume and cardiac output. Respiratory: on depth and rate of breathing | <p>in specific physical activities and sports</p> <ul style="list-style-type: none"> • Q & A to reinforce learning. <p>Developing responses (preparation for extended answer and 3-and 4-mark questions that require justification)</p> | | | | |
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