

## PHYSICAL EDUCATION KS4 Curriculum Overview – 2010/11

### Core PE

<b>Physical Education Learning</b>	<p>1.Outwitting opponents as in games activities</p> <p>2.Performing at maximum levels in relation to speed, height, distance, strength or accuracy as in athletics activities</p> <p>3.Exercising safely and effectively to improve health and wellbeing as in fitness and health related activities</p>		
<b>PE Y10</b>	<p><b>Term 6 (7 wks)</b> <b>Term 5 (6 Wks)</b> <b>Project title:</b> Rounders/Tennis/Cricket/Athletics</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Fielding and batting</li> <li>• Positioning</li> <li>• Introducing barriers</li> <li>• Rules</li> <li>• Basic ground strokes</li> <li>• Basic track and field techniques</li> </ul>	<p><b>Term 1 (5 wks)</b> <b>Project title:</b> Health/Skill Related Exercises</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Knowledge of components of fitness.</li> <li>• Fitness and training requirements</li> <li>• Apply knowledge of fitness principles</li> <li>• Knowledge of most fitness skills</li> <li>• Exercising safely</li> <li>• Improving fitness levels</li> </ul>	<p><b>Term 2 (7 wks)</b> <b>Project title:</b> Netball/Badminton and Football</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Types of passing</li> <li>• Dribbling</li> <li>• Dodge</li> <li>• Shooting</li> <li>• Blocking</li> <li>• Types of shots in badminton</li> </ul>
<b>Yr 10</b>	<p><b>Term 3 ( 6 wks)</b> <b>Project title:</b> Volleyball/Hockey and Touch Rugby</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Set</li> <li>• Dig</li> <li>• Serve</li> <li>• 1v1,2v2,3v3, 4v4, 6v6</li> <li>• Push pass/ Reverse pass/Hit</li> <li>• Types of pass</li> <li>• The dummy</li> <li>• Tactics</li> <li>•</li> </ul>	<p><b>Term 4 (6 wks)</b> <b>Project title:</b> Volleyball/Hockey and Touch Rugby</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Set</li> <li>• Dig</li> <li>• Serve</li> <li>• 1v1,2v2,3v3, 4v4, 6v6</li> <li>• Push pass/ Reverse pass/Hit</li> <li>• Types of pass</li> <li>• The dummy</li> <li>• Tactics</li> </ul>	<p><b>Term 5 (6 Wks)</b> <b>Project title:</b> Rounders/Tennis/Cricket/Athletics</p> <p><b>Key skills/concepts</b></p> <ul style="list-style-type: none"> <li>• Fielding and batting</li> <li>• Positioning</li> <li>• Introducing barriers</li> <li>• Rules</li> <li>• Basic ground strokes</li> <li>• Basic track and field techniques</li> </ul>

## Year 10 BTEC Level 2 Extended Certificate in Sport

<p><u>Term 6 - June / July 2010</u> <u>Unit 4 : Anatomy and Physiology for Sport (5 credits)</u></p> <ul style="list-style-type: none"> <li>• <b>The Skeletal system :</b></li> <li>• <b>The Muscular system</b></li> <li>• <b>The Cardiovascular system</b></li> <li>• <b>The Respiratory system</b></li> </ul> <p>To achieve a pass grade under this unit students need to:</p> <ol style="list-style-type: none"> <li>1. Describe the structure and function of the skeletal system</li> <li>2. Describe the different types of joint and the movement allowed at each joint</li> <li>3. Identify the major muscles of the body</li> <li>4. Describe the different type of muscles and muscle movements</li> <li>5. Describe the structure and function of the cardiovascular system</li> <li>6. Describe the structure and function of the respiratory system</li> </ol>	<p><u>Term 1 - September / October 2010</u> <u>Unit 5: Injury in Sport (10 credits)</u></p> <ul style="list-style-type: none"> <li>• <b>Types of injuries and illnesses associated with Sports Participation</b></li> <li>• <b>Procedures and Treatment</b></li> <li>• <b>Dealing with different Types of Injury and Illness</b></li> </ul> <p>To achieve a pass grade under this unit students need to:</p> <ol style="list-style-type: none"> <li>1. Describe the different types of injuries associated with sports participation and their underlying causes</li> <li>2. Describe two types and signs of illnesses related to sports participation</li> <li>3. Demonstrate how to deal with casualties suffering from three different injuries with teacher support</li> <li>4. Describe six risks and hazards associated with sports participation</li> <li>5. Describe four rules, regulations and legislation relating to health, safety and injury in sports participation</li> <li>6. Carry out and produce a risk assessment relevant to a related sport</li> </ol>	<p><u>Term 2 - November / December 2010</u> <u>Unit 5 : injury in Sport (continued)</u></p> <ul style="list-style-type: none"> <li>• Hazards and risks associated with Sports Participation</li> <li>• Rules, Regulations and Legislation</li> <li>• Risk Assessment</li> </ul>
<p><u>Term 3 - January / February 2011</u> <u>Unit 2: Practical Sport (10 credits)</u></p>	<p><u>Term 4 - March / April 2011</u> <u>Unit 1: Fitness Testing and Training (5 credits)</u></p>	<p><u>Term 5 - May / June 2011</u></p>

- **Different Types of Sports**
- **Skill, Techniques and Tactics**
- **Rules, Regulations and Scoring Systems**
- **The Roles and Responsibilities of officials in Sport**
- **Reviewing Sports Performance**

To achieve a pass grade under this unit students need to:

1. Demonstrate use of practical skills, techniques and tactics appropriate for one team sport
2. Demonstrate use of practical skills, techniques and tactics appropriate for one individual sport
3. Describe the rules, regulations and scoring for one team sport
4. Describe the rules, regulations and scoring for one individual sport
5. Describe the main roles and responsibilities of officials in one team sport
6. Describe the main roles and responsibilities of officials in one individual sport
7. Produce, with teacher support an observation checklist that could be used to review the sports performance of an individual or a team
8. Use the observation checklist to review the performance of an individual or a team, identifying strengths and area for improvement
9. Use the observation checklist to review own sports performance in an individual sport or team sport, identifying strength and areas for improvement

- **Fitness and Training Requirements to Achieve Excellence in Sport**
- **Fitness Training Methods**
- **Lifestyle**
- **Assessing individual Fitness**
- **The Effects of Psychological Factors on Sports Training and Sporting Performance**

To achieve a pass grade under this unit students need to:

1. Describe the fitness requirements for achieving excellence in a selected sport
2. Describe three different fitness training methods used to achieve excellence in a selected sport
3. Describe four different lifestyle factors that can affect sports training and performance
4. Carry out four different fitness test for different components of fitness, recording the results accurately
5. Interpret their test results and personal level of fitness
6. Describe the effects of psychological factors on sports training and performance

## Unit 1: Fitness Testing and Training (continued)

### Review of all units

- Practical assignments
- Workshops
- Visits
- Final submission of all assignments