Key Stage 4 Curriculum Map 2019 - 2020

Term 1

Subject: Physical Education	Year Group: 10
Week/Date	**Focus/Topic**
1 Sept 2nd-5th	**Health and Well-Being** • Physical Health and Well being • Mental Health and Well being • Social Health and Well being
2 Sept 8th-12th	**Diet and Energy Sources** • Function of nutrients • Energy Balance
3-4 Sept 15th-26th	**Components of Fitness** • Skill Related • Health Related
5 Sept 26th –Oct 3rd	**Test Protocols** • Procedure and method to carry out specific tests for specific components of fitness
6 Oct 6th -Oct 10th	**Reasons for fitness testing** • To identify the main reasons for carrying out fitness tests
7 Oct 13th-17th	**VO2 max** • Describe and Explain VO2 max and its importance as a measure of cardiovascular endurance and stamina
8 Oct 20th -24th	**Mid Term Break**
9 Oct 27th-Oct 31st	**Principles of Training** • How to apply SPORT and FITT to a training program Principles of training (SPORT)

	Specificity Progression Overload Reversibility Tedium Principles of overload (FITT) Frequency Intensity Time Type
10-11 Nov 3rd -14th	**Methods of Training** • The reasons for using the following training methods, including a description of each type and to achieve the training aim. Continuous Weight Fartlex Plyometric Circuit HIIT **High-altitude training as a specialist training method** The reasons for carrying out altitude training: • increase in red blood cell count • advantages with link to endurance activities • disadvantages with link to difficulties in completing the training **Reasons for warming up and cooling down** The physiological and psychological reasons for a warm up and cool down. The phases of a warm up and cool down. Describe a suitable warm up and cool down related to a specific physical activity: • warm up – pulse raiser, stretches, familiarisation/ skill-related activities • cool down – gradual decrease in pulse, stretches
12 Nov 17th-21st	**Functions of the Skeleton** The functions of the skeleton, to include: • shape and support • muscle attachment for movement

	• protection • red blood cell production **<u>Skeleton</u>** Classify the bones specified below as long, short or flat. The location and function of the following bones: cranium, clavicle, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, ribs, pelvis, femur, tibia, fibula, patella, talus, tarsals, metatarsals, phalanges
13 Nov 24th-28st	**<u>Joint Types</u>** Examples of the different types of joints: • fixed or immovable joints / fibrous joints • slightly movable / cartilaginous joints • freely movable joints / synovial joints – ball and socket and hinge **<u>Joint structure and function</u>** The structure of a synovial joint and function of its components: • synovial membrane • synovial fluid • joint (fibrous) capsule • cartilage • ligaments **<u>Movement at joints</u>** Describe types of movement in physical activities: • flexion / extension • abduction / adduction • rotation • plantar flexion / dorsi flexion Compare the range of movement and stability of ball and socket joints with hinge joints
14 Dec 1st -5th	**Assessment Weeks**
15 Dec 8th-12th	
Winter Break: December 13th – January 2nd	