

Key Stage 4 Curriculum Map 2020 - 2021

Term 1

Subject: Physical Education	Year: 10	
Focus/Topic	UAE Links	Home Learning / Reading
6 th Sep-10 th Sep <ul style="list-style-type: none"> • Introduction to the course • The functions of the skeleton applied to performance in physical activities and sports • Classification of bones: applied to performance in physical activities and sport 	Practical-Any local clubs in your area to help improve your practical sport	Read up on specification to gain further knowledge of course https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html
13 th -17 th Sep <ul style="list-style-type: none"> • Structure and their classification and use applied to performance in physical activities and sports • Classification of joints and their impact on the range of possible movements • Movement possibilities at joints 		Link to the BBC Bitesize website, Teach PE and Quizlet for the Anatomy and Physiology section throughout https://www.bbc.co.uk/bitesize/topics/zxq7j6f https://www.teachpe.com/anatomy-physiology https://quizlet.com/en-gb/content/edexcel-gcse-pe-flashcards
20 th -24 th Sep <ul style="list-style-type: none"> • Baseline assessment-practical and theory 		https://www.bbc.co.uk/bitesize/topics/zxq7j6f Command word task sheet to help with assessments
27 th -1 st Oct <ul style="list-style-type: none"> • The role of ligaments and tendons, and their relevance to participation in physical activity and sport • Classification and characteristics of muscle types and their roles when participating in physical activity and sport • Location and role of the voluntary muscular system 	Analyse UAE athletes movement in their sports	www.teachpe.com www.brianmac.com Guiding Reading List Year 10
4 th -8 th Oct <ul style="list-style-type: none"> • Antagonistic pairs of muscles 	Analyse UAE athletes movement in their sports and how it impacts their performance	www.teachpe.com www.brianmac.com Guiding Reading List Year 10

<ul style="list-style-type: none"> • Characteristics of fast and slow twitch muscle fibre types and how this impacts on their use in physical activities 		
11 th -15 th Oct <ul style="list-style-type: none"> • How the skeletal and muscular systems work together • Assessment 		Command word task sheet to help with assessments
Half Term		
25 th -29 th Oct <ul style="list-style-type: none"> • Functions of the cardiovascular system applied to performance in physical activities • Structure of the cardiovascular system and their role in maintaining blood circulation • Structure of arteries, capillaries and veins and how this relates to function and importance during physical activity and sport 		www.teachpe.com www.brianmac.com Guiding Reading List Year 10
1 st Nov- 5 th Nov <ul style="list-style-type: none"> • The mechanisms required for redistribution of blood flow • Cardiovascular system – function and importance of components of blood for physical activity and sport • Respiratory system – composition of air • Lung volumes and change in tidal volume 		www.teachpe.com www.brianmac.com Guiding Reading List Year 10
18 th Nov- 12 th Nov <ul style="list-style-type: none"> • Location of main components of respiratory system and their role in movement of oxygen and carbon dioxide into and out of the body • Structure of alveoli to enable gas exchange • How the cardiovascular and respiratory systems work together 		www.teachpe.com www.brianmac.com Guiding Reading List Year 10
15 th Nov-19 th Nov <ul style="list-style-type: none"> • Assessment • Energy 		Command word task sheet to help with assessments
22 nd Nov- 26 th Nov <ul style="list-style-type: none"> • Energy sources 	Link to different energy (food) sources in the UAE	www.teachpe.com www.brianmac.com Guiding Reading List Year 10

<ul style="list-style-type: none"> • The short- and long- term effects of exercise on different systems 		
<p>29th Nov-3rd Dec</p> <ul style="list-style-type: none"> • Long-term effects of exercise on the body systems • Interpretation of graphical representations 	<p>Compare popular sports in the UAE- long term impacts</p>	<p>www.teachpe.com www.brianmac.com Guiding Reading List Year 10</p>
<p>6th Dec-10th Dec</p> <ul style="list-style-type: none"> • Revision • Assessment 		<p>Command word task sheet to help with assessments</p>
<p>Winter Break</p>		