

Key Stage 4 Curriculum Map 2020- 2021

Term 2

Subject: Physical Education		Year: 10	
Focus/Topic	UAE Links	HPL Skills	Home Learning / Reading
<ul style="list-style-type: none"> Feedback on assessment Introduction to Personal Exercise Programme (PEP) Coursework 	Practical-Any local clubs in your area to help improve your practical sport and application	Meta-thinking- Self-regulation- Use the assessment review sheet to highlight areas of development and set specific targets and strategies of how to improve for next term	Assessment analysis Read up on specification to gain further knowledge of the PEP section https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html Learners will complete sections of their PEP coursework where appropriate –as this terms content needs to be included in the PEP
<ul style="list-style-type: none"> Relationship between health, fitness, health and exercise Use of a PARQ 	Different ways people keep healthy in the UAE	Meta –thinking- Meta-Cognition- Understanding how reasons for taking part in activity might overlap and how this may affect participation for different individuals	Link to the BBC Bitesize website, Teach PE and Quizlet for the Physical Training section throughout https://www.bbc.co.uk/bitesize/topics/z2wjdmn Complete own PARQ Exam style questions assignment
<ul style="list-style-type: none"> Purpose of warm up and cool downs Phases and activity included in warm up and cool downs 		Meta-thinking- Strategic planning- Planning and adapting an appropriate warm up and cool down for different individuals based on your understanding	Exam style questions assignment
<ul style="list-style-type: none"> The use of goal setting to improve 		Meta-thinking- Self regulation- Set appropriate fitness targets for your own	Exam style questions assignment Practical application-Set own SMART goals within your own sport.

<p>and/or optimise performance.</p> <ul style="list-style-type: none"> Principles of SMART targets and the value of each principle in improving and/or optimising performance. Setting and reviewing targets to improve and/or optimise performance 		<p>training programme based on your goals.</p>	
<ul style="list-style-type: none"> Components of fitness-cardiovascular fitness (aerobic endurance), muscular endurance, strength, flexibility, body composition Components of fitness- agility, balance, coordination, power, reaction time, and speed 	<p>Find an athlete in the UAE - research the components of fitness appropriate to this athletes sport</p>	<p>Analysing-Critical/ logical thinking- Plan/adapt a training session incorporating one of these components of fitness and evaluate effectiveness based on your individual goals</p>	<p>Exam style questions assignment Practical application-plan and complete a training session incorporating one of these components of fitness and evaluate effectiveness</p>
<ul style="list-style-type: none"> Fitness Tests-value, purpose, protocol, selection and rationale of most appropriate Assessment 		<p>Linking-Connection finding- Use previous understanding of components of fitness to discover the most appropriate fitness test for each one</p>	<p>Exam style questions assignment Practical application -complete appropriate fitness tests</p> <p>Revision for assessment https://www.bbc.co.uk/bitesize/topics/zxq7j6f Command word task sheet to help with assessments</p>
Half Term			
<ul style="list-style-type: none"> Assessment feedback Collection and interpretation and 		<p>Analyzing-Critical/logical thinking- Analyse the data gathered from fitness tests to set appropriate training targets</p>	<p>Exam style questions assignment Assessment analysis</p>

links to specific components			
<ul style="list-style-type: none"> Principles of training and thresholds Factors to consider when deciding most appropriate training methods 		Creating-Fluent thinking- Using the evidence from testing and understanding of principles of training, come up with the best training method idea for your programme	Exam style questions assignment
<ul style="list-style-type: none"> Methods of training and advantages and disadvantages Methods of training and advantages and disadvantages 	Find an athlete in the UAE for your sport-research the methods of training used to improve their performance	Creating-Fluent thinking- Using the evidence from testing and evaluation of methods of training, come up with the best training method idea for your programme	Exam style questions assignment Practical application-plan and complete a training session incorporating appropriate methods of training and evaluate effectiveness
<ul style="list-style-type: none"> Methods of training and advantages and disadvantages Assessment 		Realising-Speed and accuracy- Retrieval practice of previous topic-timed task to revise for assessment	Exam style questions assignment
<ul style="list-style-type: none"> Long term effects of aerobic and anaerobic exercise Application to PEP and break down of how each section links in 	Find an athlete in the UAE and research their long term training plan to improve certain areas of their performances	Creating-Fluent thinking- Using evaluation of principles of training, training methods, fitness test, to devise your idea of your 6 week training programme	Exam style questions PEP coursework-students link all of their knowledge this term to the coursework section-Complete over holiday-First draft to be completed of their PEP by first day back after spring break (coursework section)
			Spring Break