

Key Stage 4 Curriculum Map 2021- 2022

Term 3

Subject: Physical Education		Year: 10	
Focus/Topic	UAE Links	HPL Skills	Home Learning / Reading
11 th April <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 	Find an athlete in the UAE - research the components of fitness appropriate to this athletes sport	Analysing-Critical/ logical thinking- Plan/adapt a training session incorporating one of these components of fitness and evaluate effectiveness based on your individual goals	Exam style questions assignment Practical application-plan and complete a training session incorporating one of these components of fitness and evaluate effectiveness
18 th April <ul style="list-style-type: none"> Fitness Tests-value, purpose, protocol, selection and rationale of most appropriate Assessment 		Linking-Connection finding- Use previous understanding of components of fitness to discover the most appropriate fitness test for each one	Exam style questions assignment Practical application -complete appropriate fitness tests Revision for assessment https://www.bbc.co.uk/bitesize/topics/zxq7j6f Command word task sheet to help with assessments
25 th April <ul style="list-style-type: none"> Principles of training and thresholds Factors to consider when deciding most 		Creating-Fluent thinking- Using the evidence from testing and understanding of principles of training,	Exam style questions assignment

appropriate training methods		come up with the best training method idea for your programme	
2 nd May <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
9 th May <ul style="list-style-type: none"> Methods of training and advantages and disadvantages 		Realising-Speed and accuracy- Retrieval practice of previous topic-	Exam style questions assignment
16 th May <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
16 th May <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
23 rd May <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.

and/or optimise performance. 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		training programme based on your goals.	
29 th May <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. 4 weeks to complete 	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)
19 th June <ul style="list-style-type: none"> Mock Exams 			Revision