

CORE KNOWLEDGE

What I will know and understand by the end of Year 10.



This year in PE, we will be learning

Unit 1. Components of fitness and principles of training

- We will be able to define the components of physical and skill related fitness explaining their importance to successful performance in given sports.
- How to define exercise intensity and how it can be determined.
- Be able to identify and apply the basic and additional principles of training.

Explore different training methods

- Describe different fitness training methods.
- Apply exercise intensity and principles of training to fitness training methods.

Investigate fitness testing to determine fitness levels

- How to conduct various fitness tests and their importance to coaches / performers.
- How to compare and analyse fitness test results.

Unit 2. Understand the rules, regulations and scoring systems for selected sports

- We will investigate the rules and regulations of two specific sports and identify the roles of the officials in both sports.

Practically demonstrate skills, techniques and tactics in selected sports

- We will apply the components of fitness to chosen sports
- We will identify the technical and tactical demands of chosen sports
- We will demonstrate the effective use of skills and techniques in two chosen sports

Be able to review sports performance

- We will learn how to create an observational checklist to review strengths and weaknesses of a performance
- Review performance, identify areas for improvement and suggest

This links to:

- *This has been covered in KS3 and embeds knowledge ready for Units 2, 3 and 6*

- *This links to health and fitness you covered in KS3 and also builds knowledge for Unit 3*

- *This links back to the skills developed during health and fitness you needed in Year 9 to measure and improve your fitness levels.*

- *This further develops understanding of rules and regulations that have been covered in KS3*

- *You have developed skills and tactics in KS3 core lessons and now you will research key ones for specific sports and demonstrate these practically*

- *Develops further skills of peer and self assessment and builds knowledge for Unit 3 and 6*

Key Vocabulary:

- Aerobic endurance
- Flexibility
- Agility
- RPE

- Speed
- Strength
- Power
- HRmax
- FITT

- Interval
- Acceleration
- Plyometrics
- Continuous
- Hollow

- PNF
- Active
- Passive
- Fartlek
- circuits

- Sit and reach
- Reliability
- Forestry
- 35m sprint
- Calibration

- BMI
- MSFT
- Validity
- Skinfold
- VO2max

- NGBs
- Responsibilities
- Regulations
- Recommendations

- Rules
- Compare
- Contrast

- Practice
- Conditioned
- Competitive
- Deception

- Tactics
- Isolation

- Observation
- Self-analysis
- Video analysis
- Performance

- Goals

CORE KNOWLEDGE

What I will know and understand by the end of Year 11.



This year in PE, we will be learning		This links to:	Key Vocabulary:	
1	<p>Unit 3. Design and implement a personal fitness programme</p> <ul style="list-style-type: none"> We will learn how to set goals and objectives to help design an appropriate training programme to improve and enhance personal fitness. Safely implement a 6-week training programme whilst maintaining a training diary recording sessions details, achievements and measures of success. 	<ul style="list-style-type: none"> Unit 1 knowledge of components of fitness, methods of training and fitness testing to help identify areas for improvement and use suitable and appropriate methods of training to design an effective training programme. 	<ul style="list-style-type: none"> Objectives Motivation Achievement 	<ul style="list-style-type: none"> Goals Aims Adherence
2	<p>Musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training</p> <ul style="list-style-type: none"> We will understand the structures of the musculoskeletal and cardiorespiratory systems. We will identify the short term effects of exercise on both systems. 	<ul style="list-style-type: none"> This links to knowledge built during KS3 with naming of muscles during stretching (warm up). Links to knowledge develop in Science in KS3 and to their paper 1 exam in GCSE Biology 	<ul style="list-style-type: none"> Major muscles Major bones Synovial joints Heart rate 	<ul style="list-style-type: none"> Lactic acid Heart Lungs Breathing rate
3	<p>Review a personal fitness training programme</p> <ul style="list-style-type: none"> We will learn how to review a fitness training programme and its success in achieving planned goals. Identify areas of strengths and areas for improvements. Make recommendations for improving future training and performance. 	<ul style="list-style-type: none"> Links to Unit 2 review of performance and the skills needed to self evaluated and develop recommendations for improvements 	<ul style="list-style-type: none"> Areas for improvements Weaknesses Recommendations 	<ul style="list-style-type: none"> Results Review Strengths
4	<p>Unit 6 Know the attributes associated with successful sports leadership</p> <ul style="list-style-type: none"> We will learn the key attributes of a successful sports leader. Explain the key attributes and responsibilities of a sports leader. 	<ul style="list-style-type: none"> Links to KS3 opportunities to develop leadership skills during core lessons. 	<ul style="list-style-type: none"> Leadership Communication Motivation Personality 	<ul style="list-style-type: none"> Values Ethics Conduct
5	<p>Undertake the planning and leading of sports activities</p> <ul style="list-style-type: none"> We will learn to consider the planning and leadership requirements for delivering sports activities. Safely and effectively lead a sporting activities session 	<ul style="list-style-type: none"> Links to KS3 lessons where students have the opportunity to lead warm ups or skills 	<ul style="list-style-type: none"> Warm up Main component Cool down Risk assessment 	<ul style="list-style-type: none"> Ability Aims time
6	<p>Review the planning and leading of sports activities</p> <ul style="list-style-type: none"> We will learn how to evaluate your own effectiveness as a sports leader within the session you planned and delivered. We will learn how to identify plans to further develop your abilities as 	<ul style="list-style-type: none"> Unit 3 Review of your exercise training programme. The ability to use self-analysis to evaluate and plan strategies to improve your performance 	<ul style="list-style-type: none"> Review Self-analysis Development plan Barriers 	<ul style="list-style-type: none"> Goals Targets Aims

Target Grade:		AP1:		AP2:		AP3:	
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