PE GCSE

Year 10 - Curriculum Roadmap

- Warm-ups and cool-downs
- Performance enhancing drugs
- Component 4 Personal Exercise Programme
- Performance enhancing drugs
- RICE

- Principles of training Training factors
- Training methods
- Injuries
- Principles of training
- Training methods
- PAR-Q Injury Prevention

- Fitness tests
- Fitness, health, exercise and performance Components of fitness
- Mechanical advantage / disadvantage
- Components of fitness Fitness tests
- Planes and axis
- Levers

- How cardiovascular and respiratory systems work together
- Short term effects of physical activity
- Long-term effects of exercise
- Structure of respiratory system Structure of alveoli
- Energy Energy sources
- Short term effects of physical activity

- Composition of air Vital capacity and tidal volume
- Structure of cardiovascular system Structure of blood vessels
- How skeletal and muscular systems work together
- Redistribution of blood Function of blood
- Functions of cardiovascular system Structure of cardiovascular system
- Characteristics of muscle fibre types

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- Structure of Skeleton Classification of joint
- Role of ligaments and tendons Classification of muscle types
- Antagonistic muscle pairs
- Functions of skeleton Classification of Bones
- Movement at Joints
- Location and role of muscular system

PE GCSE

Year 11 - Curriculum Roadmap

- Exams
- Interleaving / retrieval practice
- Interleaving / retrieval practice
- Interleaving / retrieval practice

- Use of data
- Sporting behaviour
- Interleaving / retrieval practice
- Use of data

- Commercialisation and the media
- Participation rates
- Mental preparation
- Feedback types

- Practice structure
- Classification of skills
- Guidance types
- SMART targets

- Hydration
- Energy balance
- Optimum weight
- Diet

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- Impact of fitness
  Promote personal health
- Health
- Sedentary lifestyle
- Lifestyle choices