

# GCSE PE

Year 10

<b>Year 10</b>	<b>Learning intentions</b> (what can a student do at the end of the lesson)  <b>UNIT 1</b>	<b>Learning intentions</b> (what can a student do at the end of the lesson)  <b>UNIT 1</b>	<b>Learning intentions</b> (what can a student do at the end of the lesson)  <b>UNIT 3</b>
Lesson 1-3	<ul style="list-style-type: none"> <li>• An introduction to the course – To know the units that make up GCSE PE.</li> <li>• To know the grading criteria and expectations in GCSE PE.</li> <li>• To know and understand the content and topics covered in Unit 1 – Fitness for Sport and the key terminology used in GCSE PE.</li> </ul>	<ul style="list-style-type: none"> <li>• To know and understand the function of the skeletal system</li> <li>• To apply the function to sporting examples</li> </ul>	<ul style="list-style-type: none"> <li>• An introduction to unit 3 – practical performance in Sport.</li> <li>• To know and understand the 3 different learning aims and how the unit is split into practical assessment.</li> </ul>
Lesson 4-6	<ul style="list-style-type: none"> <li>• To know and understand the structure of the skeletal system</li> <li>• To apply the structure and function of the skeletal system to sporting examples</li> <li>• To identify the major bones in the body.</li> </ul>	<ul style="list-style-type: none"> <li>• To know about the different types of bones and synovial joints in the body.</li> <li>• To understand and describe the structure and function of different synovial joints in the body.</li> <li>• To be able to understand and apply the use of the different synovial joints using sporting examples.</li> </ul>	<ul style="list-style-type: none"> <li>• To know how to set up a badminton court.</li> <li>• To know about the different resources required for a badminton game.</li> <li>• To know and understand the basic grip and handle skill.</li> <li>• To be able to keep a rally.</li> <li>• To take part in a king/queen of the court/ladders game to assess the students.</li> </ul>

Year 10	<b>Learning intentions</b> (what can a student do at the end of the lesson)  <b>UNIT 1</b>	<b>Learning intentions</b> (what can a student do at the end of the lesson)  <b>UNIT 1</b>	<b>Learning intentions</b> (what can a student do at the end of the lesson)  <b>UNIT 3</b>
Lesson 7-9	<ul style="list-style-type: none"> <li>To recap the types of bones and joints in the skeletal system</li> <li>Examples of physical activity and sporting skills and techniques that utilise these movements in different sporting contexts</li> <li>To answer exam style questions on the different types of bones and synovial joints used in different sporting contexts</li> </ul>	<ul style="list-style-type: none"> <li>To know and understand the classification of bones</li> <li>Application to performance in physical activities and sport</li> <li>To know and understand the movement possibilities at joints dependant on joint classification</li> <li>Examples of physical activity and sporting skills and techniques that utilise these movements in different sporting contexts</li> </ul>	<ul style="list-style-type: none"> <li>To recap how to set up a badminton court.</li> <li>To know about the different resources required for a badminton game.</li> <li>To recap the basic grip and handle skill.</li> <li>To be able to keep a rally.</li> <li>To take part in a king/queen of the court/ladders game to assess the students.</li> </ul>
Lesson 10-12	<ul style="list-style-type: none"> <li>To know and understand the role of the ligaments in the body in relation to physical activities</li> <li>To explain the different joint movements using different sporting examples</li> </ul>	<ul style="list-style-type: none"> <li>To identify the classification and characteristics of muscle types</li> </ul>	<ul style="list-style-type: none"> <li>To recap how to set up a badminton court as well as the grip and handle skills.</li> <li>To introduce and understand the ready position in badminton.</li> <li>To know the court dimensions for both singles games and doubles games.</li> <li>To know and understand the basic singles and doubles rules.</li> <li>To know and understand the badminton scoring system.</li> </ul>

Year 10	<b>Learning intentions</b> (what can a student do at the end of the lesson)  <b>UNIT 1</b>	<b>Learning intentions</b> (what can a student do at the end of the lesson)  <b>UNIT 1</b>	<b>Learning intentions</b> (what can a student do at the end of the lesson)  <b>UNIT 3</b>
Lesson 13-15	<ul style="list-style-type: none"> <li>To know and identify the structure of the muscles in the body</li> <li>To know and understand the primary actions performed by each of the muscles</li> </ul>	<ul style="list-style-type: none"> <li>To be able to understand and apply the use of the different movement that occurs at synovial joints using sporting examples.</li> </ul>	<ul style="list-style-type: none"> <li>To know the teaching points for the backhand and forehand serve in badminton.</li> <li>To be able to perform the backhand and forehand serve in isolation.</li> <li>To be able to perform the backhand and forehand serve in a conditioned practice.</li> <li>To be able to perform the backhand and forehand serve in a competitive game.</li> </ul>
Lesson 16-18	<ul style="list-style-type: none"> <li>To recap the classification and characteristics of muscle types</li> <li>To know the purpose of antagonistic pairs of muscles (agonist and antagonist) to create opposing movement at joints to allow physical activities</li> </ul>	<ul style="list-style-type: none"> <li>To know and understand the characteristics of fast and slow twitch muscle fibre types (type I, type IIa and type IIx) and how this impacts on their use in physical activities</li> </ul>	<ul style="list-style-type: none"> <li>To know the teaching points for the overhead clear.</li> <li>To be able to perform the overhead clear.</li> <li>To be able to perform the overhead clear in isolation.</li> <li>To be able to perform the overhead clear in a conditioned practice.</li> <li>To be able to perform the overhead clear in a competitive game.</li> </ul>

<b>Year 10</b>	<b>Learning intentions</b> (what can a student do at the end of the lesson)  <b>UNIT 1</b>	<b>Learning intentions</b> (what can a student do at the end of the lesson)  <b>UNIT 1</b>	<b>Learning intentions</b> (what can a student do at the end of the lesson)  <b>UNIT 3</b>
Lesson 19-21	<ul style="list-style-type: none"><li>• End of topic 1 assessment.</li></ul>	<ul style="list-style-type: none"><li>• Exam feedback and green pen corrections.</li></ul>	<ul style="list-style-type: none"><li>• To perform all the skills learnt this term during badminton in a competitive game situation</li></ul>