

	LESSON 1	LESSON 2	LESSON 3 – change and check all practical
WEEK 22 wc 24 th February	<ul style="list-style-type: none"> Complete a PAZ 2 PE exam on covered topics. Self and peer assess responses. Receive teacher feedback and set personal improvement targets. 	<ul style="list-style-type: none"> Define and differentiate between health, fitness, and exercise. Explain how they relate to one another. Discuss the physical, mental, and social benefits of exercise. 	<ul style="list-style-type: none"> Identify and explain the 10 components of fitness (e.g., cardiovascular endurance, muscular strength, agility, etc.). Describe how each component is important for different sports. Match fitness components to sporting performance examples.
WEEK 23 wc 3 rd March	<ul style="list-style-type: none"> Learn about fitness tests for different components of fitness (e.g., Cooper run, Illinois agility test). Interpret and evaluate test results. Explore how different training methods can improve fitness levels. 	<ul style="list-style-type: none"> To perform and apply all previous skills and techniques learnt in badminton in isolated and conditioned practices. To be able to demonstrate and apply all the relevant skills, techniques and tactics needed in a conditioned and competitive practice in badminton (Filming for moderation). 	
WEEK 24 wc 10 th March	<ul style="list-style-type: none"> Define and explain the principles of training (e.g., Specificity, Overload, Progression, Reversibility, etc.). Apply these principles to create a tailored training programme. Explore how training is adapted for different sports and fitness goals. 	<ul style="list-style-type: none"> To know the different methods of training Explore how training is adapted for different sports and fitness goals. 	<ul style="list-style-type: none"> To perform and apply all previous skills and techniques learnt in badminton in isolated and conditioned practices. To be able to demonstrate and apply all the relevant skills, techniques and tactics needed in a conditioned and competitive practice in badminton (Filming for moderation).
WEEK 25 wc 17 th March	<ul style="list-style-type: none"> Identify and explain ways to optimise training (e.g., rest & recovery, periodisation). Understand common injuries in sport and how to prevent them. Discuss overtraining and its effects on performance. 	<ul style="list-style-type: none"> To perform and apply all previous skills and techniques learnt in badminton in isolated and conditioned practices. To be able to demonstrate and apply all the relevant skills, techniques and tactics needed in a conditioned and competitive practice in badminton (Filming for moderation). 	

GCSE P.E. Year 10 Learning Intentions Spring Term 2

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<p>WEEK 26 wc 24th March</p>	<ul style="list-style-type: none"> Define and classify different types of PEDs (e.g., anabolic steroids, stimulants, diuretics). Explain the effects, benefits, and risks of each type. Discuss ethical issues and the consequences of PED use in sport. 	<ul style="list-style-type: none"> Identify the stages and benefits of a warm-up and cool-down. Explain how a warm-up prepares the body for exercise. Analyse how a cool-down helps prevent injury and aid recovery. 	<ul style="list-style-type: none"> To perform and apply all previous skills and techniques learnt in badminton in isolated and conditioned practices. To be able to demonstrate and apply all the relevant skills, techniques and tactics needed in a conditioned and competitive practice in badminton (Filming for moderation).
<p>WEEK 27 wc 31st March</p>	<ul style="list-style-type: none"> Complete a mock GCSE PE exam on covered topics. Self and peer assess responses. Receive teacher feedback and set personal improvement targets. 	<ul style="list-style-type: none"> Complete a mock GCSE PE exam on covered topics. Self and peer assess responses. Receive teacher feedback and set personal improvement targets. 	