



Year 10 Curriculum Grid

GCSE PE



Year/Term	Unit	Intent
Autumn	Physical Training: The relationship between health and fitness and the role that exercise plays in both	<ul style="list-style-type: none">• Health and fitness• The relationship between health and fitness
	The components of fitness, benefits for sport and how fitness is measured and improved: The components of fitness	<ul style="list-style-type: none">• The components of fitness• Linking sports and physical activity to the required components of fitness• Reasons for and limitations of fitness testing• Measuring the components of fitness• Demonstration of how data is collected for fitness testing
	The principles of training and their application to personal exercise/training programmes	<ul style="list-style-type: none">• The principles of training and overload• Application of the principles of training• Types of training• Identification of the advantages and disadvantages (the effects on the body) of training types linked to specific aims
	How to optimise training and prevent injury	<ul style="list-style-type: none">• Calculating intensities to optimise training effectiveness• Considerations to prevent injury• Specific training techniques – high altitude training as a form of aerobic training• Seasonal aspects
	Effective use of warm up and cool down	<ul style="list-style-type: none">• Warming up and cooling down
Spring	Sports Psychology	This unit focuses on sports psychology topics. Starting with the difference between skill and ability and the classification of skills. The focus then shifts to goal setting, basic information processing model, types of guidance and feedback, arousal, aggression, personality and finishes with motivation.
	Classification of skills	<ul style="list-style-type: none">• Skill and ability• Definitions of types of goals• Arousal• Inverted-U theory• How optimal arousal levels vary according to the skill being performed in a physical activity or sport• How arousal can be controlled using stress management techniques before or during a sporting performance• Understand the difference between direct and indirect aggression with application to specific sporting examples• Understand the characteristics of introvert and extrovert personality types, including examples of sports which suit these particular personality types



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		<ul style="list-style-type: none"> Definition of intrinsic and extrinsic motivation, as used in sporting examples Evaluation of the merits of intrinsic and extrinsic motivation in sport
	The use of goal setting and SMART targets to improve and/or optimise performance	<ul style="list-style-type: none"> The use and evaluation of setting performance and outcome goals in sporting examples The use of SMART targets to improve and/or optimise performance
	Basic information processing	<ul style="list-style-type: none"> Basic information processing model
	Guidance and feedback on performance	<ul style="list-style-type: none"> Identify examples of, and evaluate, the effectiveness of the use of types of guidance, with reference to beginners and elite level performers Identify examples of, and evaluate, the effectiveness of the use of types of feedback, with reference to beginners and elite level performers
	Mental preparation for performance	<ul style="list-style-type: none"> Arousal Inverted-U theory How optimal arousal levels vary according to the skill being performed in a physical activity or sport How arousal can be controlled using stress management techniques before or during a sporting performance Understand the difference between direct and indirect aggression with application to specific sporting examples Understand the characteristics of introvert and extrovert personality types, including examples of sports which suit these particular personality types Definition of intrinsic and extrinsic motivation, as used in sporting examples Evaluation of the merits of intrinsic and extrinsic motivation in sport
Summer	Health, fitness and wellbeing	Linking participation in physical activity, exercise and sport to health, wellbeing and fitness, and how exercise can suit the varying needs of different people
	The consequences of a sedentary lifestyle	<ul style="list-style-type: none"> The consequences of a sedentary lifestyle Obesity and how it may affect performance in physical activity and sport Somatotypes