



Physical Education

Year 10 GCSE

We are following the AQA Physical Education syllabus.

Topics

In Year 10, you will study the following topics:

| | PE |
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| Autumn term | Musculo – Skeletal System Cardio – Respiratory System Aerobic & Anaerobic Exercise Short & Long term Effects of Exercise Levers & Planes & Axes of movement |
| Spring term | Health & Fitness Components of Fitness Principles of Training Optimising Training & Preventing Injury Effective Use of Warm up and Cool Down |
| Summer term | Health Fitness & Well being Consequences of Sedentary Lifestyle Energy Use, Diet, Nutrition & Hydration |

Assessment

- At the end of each topic you will complete an end of topic test.
- In the summer you will sit a mock exam which covers paper 1 content in PE.

| Team activities | | | Individual activities | | |
|----------------------------|-----------------------|---------------------|----------------------------------|-----------|---------------|
| Association football | Badminton | Basketball | Amateur boxing | Athletics | Badminton |
| Camogie | Cricket | Dance | Canoeing | Cycling | Dance |
| Gaelic football | Handball | Hockey | Diving | Golf | Gymnastics |
| Hurling | Lacrosse | Netball | Equestrian | Kayaking | Rock climbing |
| Rowing | Rugby League | Rugby Union | Rowing | Sculling | Skiing |
| Squash | Table tennis | Tennis | Snowboarding | Squash | Swimming |
| Volleyball | | | Table tennis | Tennis | Trampolineing |
| Specialist team activities | | | Specialist individual activities | | |
| Blind cricket | Goal ball | Powerchair football | Boccia | Polybat | |
| Table cricket | Wheelchair basketball | Wheelchair rugby | | | |

➤ For GCSE PE you will be assessed in 3 sports practically.