

Subject: GCSE PE	Year Group: 10
Spring 1 – Curriculum Plan	Homework Plan
<p>Topics:</p> <ol style="list-style-type: none"> 1 Cardiovascular system – Structure and function 2 Cardiovascular system – Heart and pathway of blood 3 Respiratory system – Structure and function 4 Respiratory system – Role of respiratory muscles in breathing, Aerobic and anaerobic exercise 5 Short-term effects of exercise – muscular system, CV system, respiratory system 6 Long-term effects of exercise – muscular system, CV system, respiratory system, skeletal system 	<p><u>Embed</u> Revision of key words used in the PE specification.</p>
<p>ASSESSMENT OBJECTIVES:</p> <p>AO1: • Demonstrate knowledge and understanding of the factors that underpin knowledge of body systems and effects of exercise.</p> <p>AO2: Apply knowledge and understanding of the factors that underpin understanding and application of body systems and effects of exercise.</p> <p>AO4: Analyse and evaluate the factors that underpin understanding and application of body systems and effects of exercise.</p>	<p><u>Apply</u> Answer exam questions demonstrating skills acquired.</p>
<p>OUTLINE: Pupils will be expected know the key terminology, apply practical examples and analyse performance in a range of activities. Exam questions will be used frequently (exam booklet) in lessons and set as h/w.</p>	<p><u>Challenge/Interleaving</u> Exam style questions set as practice to test skills acquired in lessons. Glossary test in every lesson in preparation for end of topic tests.</p>
	<p><u>Improve/Go Green</u> Based on the feedback the class has received for their PPEs, students complete their TPGG task, making sure they address all the EBIs and annotations in exercise books.</p>