

Holy Family Catholic School – Faculty of Science & Physiology

Physical Education

Autumn Half Term 1

Year 10 – GCSE PE

Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Hinge Question	Red Zone
Lesson 1 Week 1 What is GCSE PE?	Health Fitness Wellbeing Muscles Bones Body systems Training principles Training Methods	Attack/Defence Responses, Adaptations and Additional factors Body systems	How many sections are in Paper 1? How many marks? What are the different sections within the paper?	I will be able to: - An introduction to the course – To know the units that make up GCSE PE. - To know the grading criteria and expectations in GCSE PE. - To know and understand the content and topics covered in Unit 1 – Fitness for Sport and the key terminology used in GCSE PE.	Which statement best describes GCSE PE? A. It only involves playing sport. B. It includes both theoretical and practical units. ✓ C. It is assessed only by coursework. D. It focuses only on fitness training.	Recap key topics from last year Quiz on: What are the components of fitness? What are the different Training methods? What are the Principles of training?
Lesson 2 Week 1 What are the basic rules in badminton? How to win a game of badminton?	Serve Rally Competitive Game Scoring Shot selection	Attack/Defence Responses, Adaptations and Additional factors Body systems	Rules of badminton Variety of skills Variety of tactics	I will be able to: - An introduction to unit 3 – practical performance in Sport. - To know and understand the 3 different learning aims and how the unit is split into practical assessment.	What is the main focus of Unit 3 in GCSE PE? A. Sports psychology B. Fitness testing C. Practical performance and assessment in sport ✓ D. Nutrition for performance	Badminton Baseline testing – Competitive game (half court singles)

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Lesson 3 Week 2 What are the functions of the skeletal system?	Skeletal System Ligaments Tendons Support Protection Movement Blood cell production Mineral storage Shape	Responses, Adaptations and Additional factors Body systems	Body systems Major bone groups	I will be able to: - To know and understand the function of the skeletal system - To apply the function to sporting examples	Which function of the skeletal system is most important when a footballer kicks a ball? A. Protection B. Blood cell production C. Movement ☒ D. Temperature regulation	- Devran is a rugby player. - How does the skeletal system work during a game of 80 minutes and can you describe each function that Devran will need? (9 marks) (Tip: always give a definition, a description and support your answers with a practical example)  Stretch: Can you give two actions in a game of rugby eg 'hacking and suggest what bones will be utilised during the movement'  15-20 minutes Red Zone
Lesson 4 Week 2 What are the major bones located in the body?	Bones in the body	Responses, Adaptations and Additional factors Body systems	Function of the skeletal system and why are these important for sports performers	I will be able to: - To identify the major bones in the body. - To label the bones on a diagram and understand what the major bones are used for.	Which bone is located in the upper arm? A. Femur B. Humerus ☒ C. Tibia D. Radius	- Explain how the functions of the skeleton help us participate in physical activity (4 marks) - Name three different sports with three different activities/movements and tell us what bones are involved/helping make that movement (6 marks) Stretch: Which bones do you think are the most important and why? (3 marks)   15-20 minutes Red Zone
Lesson 5 Week 2 How to set up a badminton court?	Badminton court Net height Shuttlecock Racket Grip Rally Serve	Attack/Defence	Name two types of grips in badminton. What equipment is needed for a doubles game? What is a rally?	I will be able to: - To know how to set up a badminton court. - To know about the different resources required for a badminton game. I will be able to:	Why is using the correct badminton grip important? A. It makes the racket heavier. B. It improves control and shot accuracy. ☒ C. It increases the court size. D. It changes the scoring system.	- To be able to keep a rally. - To take part in a king/queen of the court/ladders game to assess the students.

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	King/Queen of the Court Ladders Rules			- To know and understand the basic grip and handle skill. - To be able to keep a rally. - To take part in a king/queen of the court/ladders game to assess the students.														
Lesson 6 Week 3 What are the different classifications of bones and joints found in the human body?	Synovial joints Types of bones	Responses, Adaptations and Additional factors Body systems	What are the bones located in the leg and arm?	I will be able to: - To know about the different types of bones and synovial joints in the body. - To be able to understand and apply the use of the different types of bones and synovial joints using sporting examples.	Which type of synovial joint is found at the shoulder? A. Hinge joint B. Pivot joint C. Ball-and-socket joint  D. Saddle joint	1. The gymnast in Figure 3 is supporting her body weight using the bones in the wrist. Classify the bones of the wrist. (1 mark) 2. Explain, using examples, two functions of the skeletal system that help the gymnast move her lower body into this position. Figure 3 shows the muscular system of a gymnast. Function 1 (3 marks) Function 2 (3 marks)  Hand bones 18-20 marks  Figure 3 2. Bones have different classifications and functions. Complete Table 2 by: (a) Stating the classification of each bone. (b) Stating a different function for each classification of bone. <table><thead><tr><th>Bone</th><th>(a) Classification of bone</th><th>(b) Function of each classification of bone</th></tr></thead><tbody><tr><td>Femur</td><td>(1)</td><td>(1)</td></tr><tr><td>Vertebra</td><td>(1)</td><td>(1)</td></tr><tr><td>Scapula</td><td>(1)</td><td>(1)</td></tr></tbody></table> Table 2 (Total for Question 2 = 6 marks)	Bone	(a) Classification of bone	(b) Function of each classification of bone	Femur	(1)	(1)	Vertebra	(1)	(1)	Scapula	(1)	(1)
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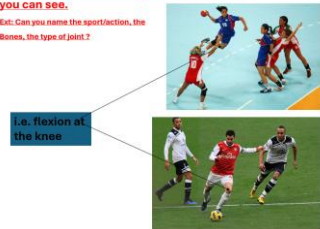
Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Hinge Question	Red Zone
Lesson 7 Week 3 What is a ready position? What are the basic rules in badminton?	Ready position Grip Forehand Backhand Service line Centre line Singles court Doubles court Scoring system Fault Rally Out of bounds Serve rotation	Attack/Defence	Recap how to set up a badminton court as well as the grip and handle skills.	I will be able to: - To introduce and understand the ready position in badminton. - To know the court dimensions for both singles and doubles games. - To know and understand the basic singles and doubles rules. - To know and understand the badminton scoring system.	In badminton, the ready position helps a player to: A. Rest between points B. Reach the shuttle quickly in any direction  C. Increase racket weight D. Score automatically	Play a competitive game of badminton using the correct rules. Being an active official during the game as well as being an official while others in the group are playing. Utilise and explain the scoring system to peers
Lesson 8 Week 4 What are the different classifications of bones and joints found in the human body?	Synovial joints Types of bones	Responses, Adaptations and Additional factors Body systems	What are the different types of synovial joints in the human body? What are the different types of bones in the human body?	I will be able to: - To recap the types of bones and joints in the skeletal system - To provide sporting examples of physical activity, sporting skills and techniques that utilise these	Which joint allows movement at the knee? A. Ball-and-socket B. Pivot C. Hinge  D. Condylloid	A series of exam questions from the exam board. Explain the importance of the short bones in the gymnast's wrists during the movement shown in Figure 5. (2)

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				movements in different contexts To answer exam style questions on the different types of bones and synovial joints used in different sporting contexts		
Lesson 9 Week 4 What are the different types of movements that occur at the joints?	Flexion Extension Abduction Adduction Rotation/Circumduction Plantar-Flexion Dorsi-Flexion	Responses, Adaptations and Additional factors Body systems	Tendons Ligaments	I will be able to: - To know and understand the role of the ligaments in the body in relation to physical activities - To explain the different joint movements using different sporting examples	What is the main role of ligaments? A. Connect muscle to bone B. Connect bone to bone ✓ C. Produce energy D. Pump blood	What movements occur during these action?  RED ZONE: Label as many joint movements as you can see. Ext: Can you name the sport/action, the Bones, the type of joint? 
Lesson 10 Week 4 How to perform the backhand serve and forehand serve in	Backhand serve Forehand serve Short serve	Attack/Defence	Which side do you serve from?	I will be able to: To know the teaching points for the backhand and	Which serve is most commonly used in doubles badminton? A. Forehand high serve B. Backhand low serve ✓	In conditioned practice, score 2 points instead of 1 for landing a successful serve.

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practice and a game situation?	Long serve High serve Low serve Service box Technique		Name two faults that can happen during a serve.	forehand serve in badminton. - To be able to perform the backhand and forehand serve in isolation. - To be able to perform the backhand and forehand serve in a conditioned practice. - To be able to perform the backhand and forehand serve in a competitive game.	C. Underarm throw D. Smash serve	Could you adapt your serve depending on your opponent's position? In gameplay, did your serve consistently land in the correct service box? Why or why not?
Lesson 11 Week 5 What are the characteristics of muscles	Voluntary muscle Involuntary muscle Cardiac muscle Contraction Relaxation Digestive system Heart	Responses, Adaptations and Additional factors Body systems	Name the 3 types of muscles. Which muscle type is only found in the heart? What does involuntary mean?	I will be able to: - To identify the classification and characteristics of muscle types 3 types of muscles - Where the muscles are located - To explain the difference between voluntary,	Which type of muscle works without conscious control? A. Skeletal muscle B. Voluntary muscle C. Involuntary muscle  D. Fast twitch muscle	- Explain the role of cardiac muscle in long-distance running. - Compare voluntary and involuntary muscle with sporting examples.

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	Skeletal muscle Involuntary control		What type of muscle is used to sprint?	involuntary and cardiac muscles.		RED ZONE – 9 marks Rugby 3 skills eg: passing, tackling, kicking - Bones – names and types - Joints – names and types - Movement – what movement for what action Gymnastics 3 skills eg: beam, floor, rings, vault - Bones – names and types - Joints – names and types - Movement – what movement for what action
Lesson 12 Week 5 How to perform an overhead clear in practice and a game situation?	Overhead clear Follow-through Preparation phase Contact point High clear Defensive shot Backcourt Grip Conditioned practice Recovery position		What is the purpose of an overhead clear? What are the key technical points of the shot? In what situations would you use a defensive high clear? How does footwork support an effective overhead clear?	I will be able to: - To know the teaching points for the overhead clear. - To be able to perform the overhead clear. - To be able to perform the overhead clear in isolation. - To be able to perform the overhead clear in a conditioned practice. - To be able to perform the overhead clear in a competitive game.	What is the main purpose of an overhead clear? A. To win the point immediately B. To move the opponent to the back of the court  C. To serve the shuttle D. To block a smash	In conditioned practice, score 2 points instead of 1 for scoring a point when using the overhead clear and the shuttlecock landing past the halfway line/back tram line. Reflection: Were you able to consistently generate height and distance in your overhead clear during conditioned drills? Did you use the correct grip and body rotation when performing the shot under pressure? How effective was your overhead clear during competitive games

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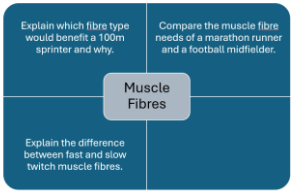
Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Hinge Question	Red Zone
						in pushing your opponent to the back of the court?
Lesson 13 Week 6 What are the structure and location of the voluntary muscles in the body?	Voluntary muscles	Responses, Adaptations and Additional factors Body systems	Name 5 voluntary muscles. What is the role of the biceps during a curl? Where is the deltoid located? What connects muscles to bones?	I will be able to: - To know and identify the structure of muscles in the body. - To label the major muscles and their location. - To link muscles to movement and sporting actions.	Which muscle is located at the front of the upper arm? A. Triceps B. Deltoid C. Biceps ✓ D. Gastrocnemius	Explain how the quadriceps and hamstrings work to perform a squat. Describe the muscle action involved in throwing a javelin.
Lesson 14 Week 6 What are antagonistic pairs and how do they create movement?	Agonist Antagonist Tendons Ligaments	Responses, Adaptations and Additional factors Body systems	What muscle contracts to bend the arm? What muscle contracts to bend the leg?	I will be able to: - To know how muscles work in antagonistic pairs. - To identify which muscle is the prime mover in different exercises. - To understand how muscles are attached to bones.	During elbow flexion, which muscle acts as the prime mover? A. Triceps B. Quadriceps C. Biceps ✓ D. Deltoid	Red zone Apply it! What has stuck with you?

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Lesson 15 Week 6 How can we apply all the badminton skills we've learned this term in competitive gameplay?	Competitive game Tactical awareness Shot selection Consistency Positioning Scoring Footwork Rally Serve Overhead clear Backhand Forehand	Attack/Defence Tactical awareness	What is one tactic you've used to win a point? How do you adapt your positioning for singles vs doubles? How is performance assessed in GCSE PE for badminton?	I will be able to: - To demonstrate application of skills, techniques and decision making under pressure during conditioned practices and competitive game situations. - To use appropriate tactics and shot selection based on game context. - To follow the official rules and scoring system throughout. - To reflect GCSE practical assessment standards in performance.	A player notices their opponent standing close to the net. Which would be the best tactical shot? A. Net shot B. Smash directly at the net C. High clear to the back court ☒ D. Serve again	- Apply all relevant skills and techniques effectively in a conditioned and competitive situation. - Demonstrate tactical awareness and decision-making under pressure (e.g., adjusting shot selection based on opponent positioning). - Maintain composure and consistency during competitive play, adapting strategies as needed
Lesson 16 Week 7 What are the characteristics of fast and slow twitch muscle fibres?	Fast twitch fibres (Type IIa & IIx) Slow twitch fibres (Type I) Aerobic Anaerobic	Responses, Adaptations and Additional factors Body systems	Which type is best for endurance events?	I will be able to: To identify and understand the characteristics of fast (type IIa and IIx) and slow (type	Which athlete is most likely to have a higher percentage of fast twitch fibres? A. Marathon runner B. 100m sprinter ☒ C. Long-distance cyclist D. Race walker	Red zone Apply it! What have you stuck with you? 

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	Endurance Power Fatigue Muscle contraction			I) twitch muscle fibres. - To apply fibre type to sporting examples. - To analyse how fibre types influence performance.		
Lesson 17 Week 7 How can we apply all the badminton skills we've learned this term in competitive gameplay?	Competitive game Tactical awareness Shot selection Consistency Positioning Scoring Footwork Rally Serve Overhead clear Backhand Forehand	Attack/Defence Tactical awareness	What is one tactic you've used to win a point? How do you adapt your positioning for singles vs doubles? How is performance assessed in GCSE PE for badminton?	I will be able to: - To demonstrate application of skills, techniques and decision making under pressure during conditioned practices and competitive game situations. - To use appropriate tactics and shot selection based on game context. - To follow the official rules and scoring system throughout. - To reflect GCSE practical assessment	What demonstrates effective decision making in badminton? A. Using the same shot every rally B. Choosing shots based on the opponent's position  C. Ignoring the score D. Standing still after playing a shot	- Apply all relevant skills and techniques effectively in a conditioned and competitive situation. - Demonstrate tactical awareness and decision-making under pressure (e.g., adjusting shot selection based on opponent positioning). - Maintain composure and consistency during competitive play,

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				standards in performance.		adapting strategies as needed
Lesson 18 Week 8 How to approach and complete a 60-mark condensed exam paper effectively?	Command words Structure Marks Timing PEEL Evaluation Application AO1 AO2 AO3	Responses, Adaptations and Additional factors Body systems	What does AO1, AO2, AO3 stand for?	I will be able to: - To complete a 60-mark condensed paper. - To show use of PEEL structure and apply knowledge across multiple topics. - To evaluate performance using exam rubric.	What does the 'E' in PEEL stand for? A. Exercise B. Evidence  C. Explanation D. Evaluate	Complete a 60-mark condensed paper.
Lesson 19 Week 8 How to reflect, correct and improve exam answers using green pen feedback.	Green pen Self-assessment Target setting Exam rubric Command words Peer review Mark scheme Feedback	Responses, Adaptations and Additional factors Body systems		I will be able to: - To correct and improve previously answered questions using feedback. - To apply examiner-style marking and understand how to gain extra marks. - To set targets for future assessments.	What is the most effective way to gain more marks after receiving feedback? A. Rewrite the answer exactly the same. B. Add more irrelevant information. C. Address the feedback and include missing points.  D. Leave the question blank.	Reflection: Identify where you lost the most marks and explain why. Which question type did you find most difficult and how can you improve this area? Rewrite a 6 or 9 mark question using green pen to improve your answer. Peer assess a partner's response and give two detailed pieces of feedback.

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