

**GCSE P.E. Year 10****Learning Intentions Summer Term 1****2024-2025**

	LESSON 1	LESSON 2	LESSON 3 – change and check all practical
WEEK 28 wc 21 <sup>st</sup> April	<ul style="list-style-type: none"><li>Identify and explain ways to optimise training (e.g., rest &amp; recovery, periodisation).</li><li>Understand common injuries in sport and how to prevent them.</li><li>Discuss overtraining and its effects on performance.</li></ul>	<ul style="list-style-type: none"><li>Define and classify different types of PEDs (e.g., anabolic steroids, stimulants, diuretics).</li><li>Explain the effects, benefits, and risks of each type.</li><li>Discuss ethical issues and the consequences of PED use in sport.</li></ul>	<ul style="list-style-type: none"><li>Apply all relevant skills and techniques effectively in a conditioned and competitive situation.</li><li>Demonstrate tactical awareness and decision-making under pressure (e.g. adjusting shot selection based on opponent positioning).</li><li>Maintain composure and consistency during competitive play, adapting strategies as needed (Filming for moderation).</li></ul>
WEEK 29 wc 28 <sup>th</sup> April	<ul style="list-style-type: none"><li>Identify the stages and benefits of a warm-up and cool-down.</li><li>Explain how a warm-up prepares the body for exercise.</li><li>Analyse how a cool-down helps prevent injury and aid recovery.</li></ul>	<ul style="list-style-type: none"><li>Apply all relevant skills and techniques effectively in a conditioned and competitive situation.</li><li>Demonstrate tactical awareness and decision-making under pressure (e.g. adjusting shot selection based on opponent positioning).</li><li>Maintain composure and consistency during competitive play, adapting strategies as needed (Filming for moderation).</li></ul>	
WEEK 30 wc 5 <sup>th</sup> May	<ul style="list-style-type: none"><li>To understand how to analyse data in relation to key areas of physical activity and sport.</li><li>To be able to interpret information from a series of data sources and form conclusions.</li><li>To evaluate the effectiveness of the data and suggest improvements.</li></ul>	<ul style="list-style-type: none"><li>Recall the main components of the respiratory system and their functions.</li><li>Apply knowledge to how breathing rate changes during exercise</li><li>Recall the structure and function of the cardiovascular system.</li></ul>	<ul style="list-style-type: none"><li>Apply all relevant skills and techniques effectively in a conditioned and competitive situation.</li><li>Demonstrate tactical awareness and decision-making under pressure (e.g. adjusting shot selection based on opponent positioning).</li><li>Maintain composure and consistency during competitive play, adapting strategies as needed (Filming for moderation).</li></ul>

		<ul style="list-style-type: none"> <li>• Apply knowledge of the heart, blood vessels, and blood flow to physical activity scenarios.</li> </ul>	
WEEK 31 wc 12 <sup>th</sup> May	<ul style="list-style-type: none"> <li>• Recall the key muscles involved in movement and movement types.</li> <li>• Explain the role of antagonistic pairs and muscle contraction during physical activity.</li> <li>• Recall the short-term and long-term effects of exercise on the cardiovascular and respiratory systems.</li> <li>• Explain why heart rate, breathing rate, and blood flow increase during exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply all relevant skills and techniques effectively in a conditioned and competitive situation.</li> <li>• Demonstrate tactical awareness and decision-making under pressure (e.g. adjusting shot selection based on opponent positioning).</li> <li>• Maintain composure and consistency during competitive play, adapting strategies as needed (Filming for moderation).</li> </ul>	
WEEK 32 wc 19 <sup>th</sup> May	<ul style="list-style-type: none"> <li>• Complete a mock GCSE PE exam on covered topics.</li> <li>• Self and peer assess responses.</li> <li>• Receive teacher feedback and set personal improvement targets.</li> </ul>	<ul style="list-style-type: none"> <li>• Complete a mock GCSE PE exam on covered topics.</li> <li>• Self and peer assess responses.</li> <li>• Receive teacher feedback and set personal improvement targets.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply all relevant skills and techniques effectively in a conditioned and competitive situation.</li> <li>• Demonstrate tactical awareness and decision-making under pressure (e.g. adjusting shot selection based on opponent positioning).</li> <li>• Maintain composure and consistency during competitive play, adapting strategies as needed (Filming for moderation).</li> </ul>