

GCSE P.E. Year 10 Learning Intentions Summer Term 2 2024-2025

	LESSON 1	LESSON 2	LESSON 3 – change and check all practical
WEEK 33 wc 2 nd June	<ul style="list-style-type: none"> Recall the key muscles involved in movement and movement types. Explain the role of antagonistic pairs and muscle contraction during physical activity. 	<ul style="list-style-type: none"> Recall the short-term and long-term effects of exercise on the cardiovascular and respiratory systems. Explain why heart rate, breathing rate, and blood flow increase during exercise. 	<ul style="list-style-type: none"> 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 (Filming for moderation).
WEEK 34 wc 9 th June	<ul style="list-style-type: none"> Recall the main components of the respiratory system and their functions. Apply knowledge to how breathing rate changes during exercise Recall the structure and function of the cardiovascular system. Apply knowledge of the heart, blood vessels, and blood flow to physical activity scenarios. 	<ul style="list-style-type: none"> 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 (Filming for moderation). 	
WEEK 35 wc 16 th June	<ul style="list-style-type: none"> To confidently recall and apply key content from all GCSE PE Paper 1 topics (e.g. body systems, fitness components, training principles). To revisit areas previously identified as weaknesses and reinforce 	<ul style="list-style-type: none"> To confidently recall and apply key content from all GCSE PE Paper 1 topics (e.g. body systems, fitness components, training principles). To revisit areas previously identified as weaknesses and reinforce understanding through focused recap and questioning. 	<ul style="list-style-type: none"> 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).

	<p>understanding through focused recap and questioning.</p> <ul style="list-style-type: none"> To engage with revision activities and exam style questions that address the specific gaps in knowledge highlighted by prior assessments. To complete past paper questions under timed conditions to build exam confidence. To feel prepared and confident in applying knowledge and exam skills across all areas of Paper 1 content. 	<ul style="list-style-type: none"> To engage with revision activities and exam style questions that address the specific gaps in knowledge highlighted by prior assessments. To complete past paper questions under timed conditions to build exam confidence. To feel prepared and confident in applying knowledge and exam skills across all areas of Paper 1 content. 	<ul style="list-style-type: none"> Maintain composure and consistency during competitive play, adapting strategies as needed (Filming for moderation).
WEEK 36 wc 23 rd June	<ul style="list-style-type: none"> To know and understand the structure, content focus, and question types in Sections A, and B of Paper 1, To develop effective strategies for answering different types of exam questions. Practise interpreting command words (e.g., identify, explain, analyse, evaluate). 	<ul style="list-style-type: none"> To know and understand the structure, content focus, and question types in Section C of Paper 1, To develop effective strategies for answering different types of exam questions. Practise interpreting command words (e.g., identify, explain, analyse, evaluate). 	
WEEK 37 wc 30 th June	<ul style="list-style-type: none"> Complete a mock PAZ 3 GCSE PE exam on covered topics. Self and peer assess responses. Receive teacher feedback and set personal improvement targets. 	<ul style="list-style-type: none"> Complete a mock PAZ 3 GCSE PE exam on covered topics. Self and peer assess responses. Receive teacher feedback and set personal improvement targets. 	<ul style="list-style-type: none"> 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 (Filming for moderation).
WEEK 38 wc 7 th July	<ul style="list-style-type: none"> Complete a mock PAZ 3 GCSE PE exam on covered topics. Self and peer assess responses. 	<ul style="list-style-type: none"> Apply all relevant skills and techniques effectively in a conditioned and competitive situation. 	

	<ul style="list-style-type: none"> Receive teacher feedback and set personal improvement targets. 	<ul style="list-style-type: none"> 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 (Filming for moderation). 	
WEEK 39 wc 14 th July	YEAR 10 Work Experience	YEAR 10 Work Experience	<ul style="list-style-type: none"> YEAR 10 Work Experience