Holy Family Catholic School – Faculty of Science and Physiology Autumn Half-Term 2

GCSE PE Year 10

Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Hinge Questions for this lesson	Red Zone
Week 9 Lesson 1 **Practical:** **How do you 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.	Q: Why is the overhead clear often used in a game situation? A. To force the opponent to the back of the court and create space at the front B. To finish the rally with a quick point C. To reduce the opponent's reaction time D. To keep the shuttle low and fast	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 in pushing your opponent to the back of the court?
Week 9 Lesson 2 **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?	I will be able to: • To know and identify the structure of muscles in the body.	Q: Which statement best describes voluntary muscles? A. They are smooth muscles found in internal organs B. They are skeletal muscles attached to	Explain how the quadriceps and hamstrings work to perform a squat. Describe the muscle action involved in throwing a javelin.

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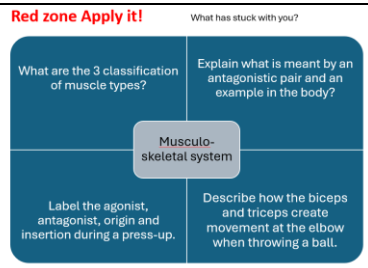
			Where is the deltoid located? What connects muscles to bones?	• To label the major muscles and their location. • To link muscles to movement and sporting actions.	bones and controlled consciously C. They contract automatically without nervous input D. They are cardiac muscles found in the heart	
Week 9 Lesson 3 **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.	Q: When the biceps contract to flex the elbow, what happens to the triceps? A. It also contracts to stabilize the joint B. It relaxes to allow movement C. It shortens to assist flexion D. It remains unchanged	

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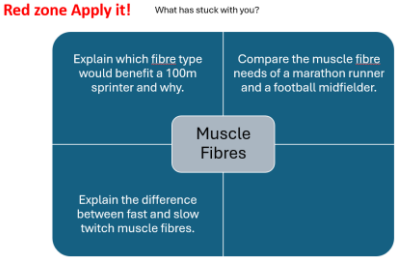
Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Hinge Questions for this lesson	Red Zone
Week 10 Lesson 1 **Practical: How can we apply all the badminton skills we've learned this term in competitive gameplay?**	Competitive game Tactical awareness Shot selection Consistency Positioning Scoring 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.	Q: Which tactical use of skills is most effective in competitive play? A. Using only attacking shots to pressure the opponent B. Combining clears, drops, and smashes to vary pace and positioning C. Playing every shot to the opponent's forehand D. Avoiding net shots to reduce risk	• 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
Week 10 Lesson 2 **What are the characteristics of fast and slow**	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 I)	Q: Which activity relies most on slow-twitch fibres? Explain. A. 100m sprint B. Marathon running C. Shot put D. High jump	

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twitch muscle fibres?	Endurance Power Fatigue Muscle contraction			twitch muscle fibres. • To apply fibre type to sporting examples. • To analyse how fibre types influence performance.		
Week 11 Lesson 1 **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	Q: Why is shot selection important in competitive badminton? A. It reduces the number of rallies played B. It allows you to exploit opponent weaknesses and conserve energy C. It guarantees winning points quickly D. It prevents the opponent from moving	• 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

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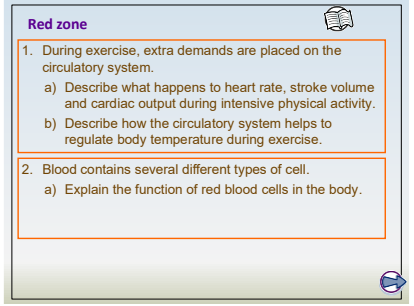
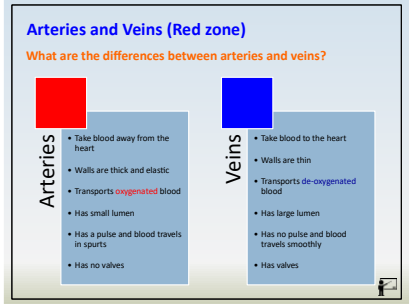
				standards in performance.		
Week 11 Lesson 2 What does the heart do and how is it built?	Atria Ventricle Valve Pump	Responses, Adaptations and Additional factors Body systems	What is the function of the heart? What adaptations does the heart have?	• To know and understand the basic structure and functions of the cardiovascular system. • Identify the major components of the heart.	Q: Why does the left ventricle have a thicker wall than the right? A. It pumps blood to the lungs B. It pumps blood to the whole body at higher pressure C. It stores oxygenated blood D. It prevents backflow of blood	
Week 11 Lesson 3 How do arteries, veins, and capillaries work together to move blood around the body?	Artery Vein Capillary Adaptation Function	Responses, Adaptations and Additional factors Body systems	What is the function of different blood vessels? What adaptations do the blood vessels have?	• Compare and contrast the structure and function of arteries, veins, and capillaries. • Investigate how these blood vessels work together to transport blood throughout the body.	Q: Which feature allows capillaries to efficiently exchange substances? A. Thick muscular walls B. Large lumen C. Thin walls and close contact with cells D. Valves to prevent backflow	

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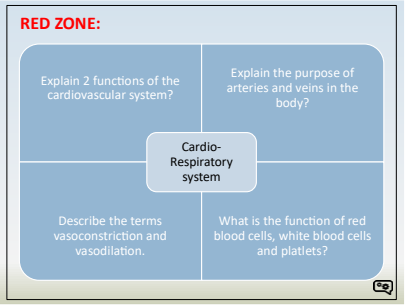
Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Hinge Questions for this lesson	Red Zone
Week 12 Lesson 1 Practical: How can we apply all the badminton skills we've learned this term in competitive gameplay?	Competitive game Tactical awareness Shot selection Consistency Positioning Scoring 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?	• To perform a rally • To play a competitive game • To play a game of king of the court or ladders to assess skill level here	Q: Which tactical approach is most effective when facing an opponent who struggles with backhand shots? A. Play high clears to their forehand side B. Target their backhand with deep clears and fast drives C. Avoid their backhand to keep rallies longer D. Use only net shots to force errors	• 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
Week 12 Lesson 2 What are the parts of blood and how do they help the body during exercise?	red blood cells, white blood cells, platelets, plasma	Responses, Adaptations and Additional factors Body systems		• Identify the key components of blood (red blood cells, white blood cells, platelets, plasma). • Explore the function of each blood component and how they support physical activity, particularly oxygen transport and clotting.	Q: Which component of blood carries oxygen to muscles during exercise? A. Plasma B. Platelets C. Red blood cells D. White blood cells	

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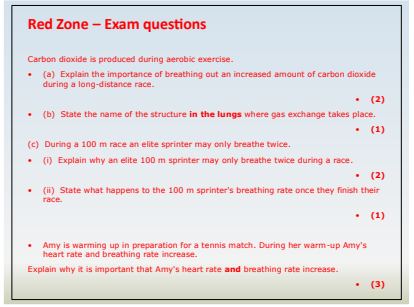
Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Hinge Questions for this lesson	Red Zone
Week 13 Lesson 1 Practical: How can we apply all the badminton skills we've learned this term in competitive gameplay?	Competitive game Tactical awareness Shot selection Consistency Positioning Scoring 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?	• To know the teaching points for the net shot/net play. • To be able to perform the net shot/net play. • To be able to perform the net shot/net play in isolation. • To be able to perform the net shot/net play in a conditioned practice. • To be able to perform the net shot/net play in a competitive game.	Q: Why is varying shot speed and placement important in competitive play? A. It makes rallies shorter B. It prevents the opponent from predicting your next move C. It guarantees winning points quickly D. It reduces the need for footwork	• 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
Week 13 Lesson 2 What happens to the air we breathe and how do our lungs work during exercise?	Gas exchange Breathing Ventilation Respiration	Responses, Adaptations and Additional factors Body systems	What is the difference between breathing and respiration?	• Understand the composition of inhaled and exhaled air and the importance of oxygen and carbon dioxide exchange. • Identify and explain key lung volumes (tidal volume, vital capacity) and how they change during physical activity.	Q: Why does breathing rate increase during exercise? A. To remove more carbon dioxide and supply more oxygen to muscles B. To cool the body C. To maintain blood pressure D. To prevent dehydration	

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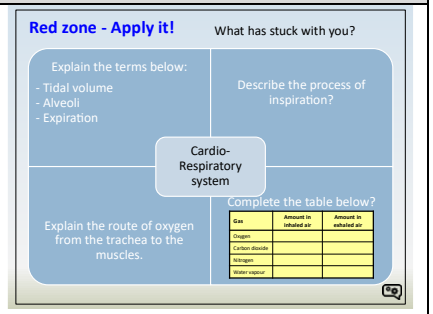
Week 13 Lesson 3 What is the importance of gas exchange?	Gas exchange Breathing Ventilation Respiration	Responses, Adaptations and Additional factors Body systems	Where do the gases in gas exchange come from and why are they needed?	• To know and understand the composition of inhaled and exhaled air and the importance of oxygen and carbon dioxide exchange.	Q: Why is gas exchange essential during exercise? A. It removes lactic acid from muscles B. It supplies oxygen for aerobic respiration and removes carbon dioxide C. It prevents overheating D. It increases blood pH	
Week 14 Lesson 1 Practical: 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?	• 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.	Q: Which strategy helps conserve energy during a long match? A. Use continuous smashes to finish rallies quickly B. Play clears and drops to control tempo and force movement C. Avoid net shots to reduce risk D. Play every shot to the opponent's forehand	• 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

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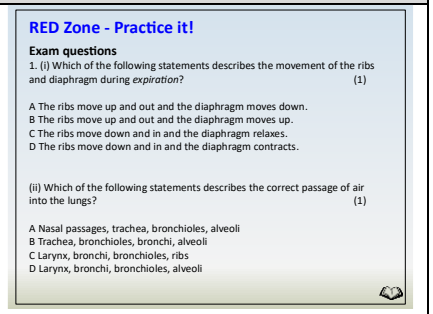
Week 14 Lesson 2 How does my body get energy during exercise?	Respiration Energy Glucose Oxygen ATP	Responses, Adaptations and Additional factors Body systems	What is respiration? What gases are involved?	• Differentiate between aerobic and anaerobic energy systems and when each is utilized during exercise. • Identify and explain the main energy sources (carbohydrates, fats, proteins) used by the body during physical activity.	**Q:** Which process provides energy for long-duration, low-intensity exercise? A. Anaerobic respiration using glucose B. Aerobic respiration using oxygen C. Creatine phosphate breakdown D. Lactic acid fermentation	
Week 15 Lesson 1 Practical: 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?	• To be able to perform the net shot/net play in a conditioned practice. • To be able to perform the net shot/net play in a competitive game. • To recap all previous skills and techniques learnt in badminton. • To be able to demonstrate and apply all the relevant skills and techniques needed in a conditioned and competitive practice in badminton (Filming for moderation).	Q: Why is anticipating your opponent's next shot critical in competitive badminton? A. It reduces the number of rallies played B. It allows quicker positioning and better shot selection C. It guarantees winning points quickly D. It prevents fatigue during long rallies	• 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

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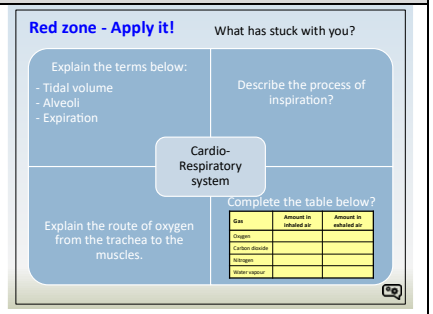
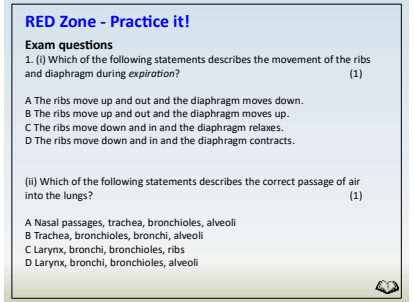
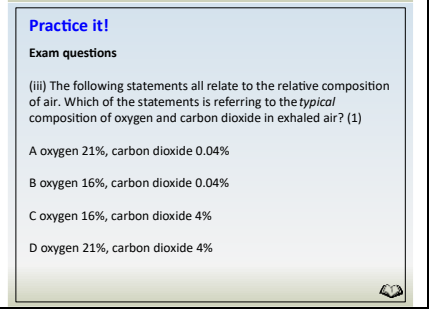
Week 15 Lesson 2 What happens to my heart and breathing when I exercise, and how do they work together?	Oxygen debt respiration	Responses, Adaptations and Additional factors Body systems	Why do breathing and heart rate increase during exercise? What happens during respiration?	• Analyse the short-term effects of exercise on heart rate, breathing rate, and blood flow. • Understand how both the cardiovascular and respiratory systems work together to meet the demands of exercise.	**Q:** Why do heart rate and breathing rate both increase during exercise? A. To maintain body temperature B. To deliver more oxygen and remove carbon dioxide from muscles C. To prevent fatigue by reducing lactic acid D. To keep blood pressure constant	
Week 15 Lesson 3 How does my body get energy during exercise?	Anaerobic respiration Aerobic respiration	Responses, Adaptations and Additional factors Body systems	Why do breathing and heart rate increase during exercise? What happens during respiration?	• Differentiate between aerobic and anaerobic energy systems and when each is utilized during exercise. • Identify and explain the main energy sources (carbohydrates, fats, proteins) used by the body during physical activity.	**Q:** Which energy system is dominant during a 100m sprint? A. Aerobic respiration B. Anaerobic respiration C. Fat oxidation D. Protein breakdown	 

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