

Landau Learner Curriculum Overview

Subject: PE Director of Learning: NC Year: 10 GCSE (Eduqas)

Curriculum organisation				
<p>Students are taught in mixed ability groups for the equivalent of six hours across a two week timetable. Year 10 students complete two hours of practical and four hours of theory. Students follow the Eduqas GCSE specification.</p> <p>Curriculum Intent: Our curriculum is designed to build on and embed physical development. It sets out to develop a range of skills, techniques, strategies and tactics to enable students to become more competent, confident and expert in Physical Education.</p>				
What topics will students be studying this year? Includes links to National Curriculum, Curriculum Intent and Prior Related Learning*				
Term 1:	Term 2:	Term 3:	Term 4:	Term 5:
<p>2.3-4: Exercise Physiology: Aerobic and anaerobic exercise and short and long term effects of exercise.</p> <p>*Links: Prior learning Yr9: All students will have developed their knowledge of the body systems and will be able to link this knowledge to the changes that occur during exercise.</p> <p>National Curriculum/Exam Specification: Energy sources and systems, characteristics of aerobic and anaerobic exercise. Short and long term effects linked to exercise intensity, effects of exercise on mental and social well-being.</p>	<p>1.1: Health, fitness and well-being and Diet and Nutrition</p> <p>*Links: Prior learning Term 1/KS3: All students will have developed their knowledge of exercise and the impact this has on the body. Some knowledge of energy sources.</p> <p>National Curriculum/Exam Specification: Relationships between health, fitness and well-being, importance of exercise and lifestyle choices and health benefits. Consequences of a sedentary lifestyle, energy balance and the functions nutrients with links to health.</p>	<p>1.3-5: Components of fitness, methods of training and principles of training.</p> <p>*Links: Prior learning Term KS3: All students will have developed their knowledge of exercise and the impact this has on the body.</p> <p>National Curriculum/Exam Specification: Components of fitness for specific sports, testing components of fitness, different methods of training and their suitability and warm ups and cool downs.</p>	<p>Coursework: Personal Exercise Programme.</p> <p>*Links: Prior learning term 3: Knowledge of fitness and training to enable planning, execution and reflection of personal exercise programme.</p> <p>National Curriculum: Planning and carrying out an 8 week exercise programme.</p>	<p>Coursework: Personal Exercise Programme.</p> <p>*Links: Prior learning term 3/4: Knowledge of fitness and training to enable planning, execution and reflection of personal exercise programme.</p> <p>National Curriculum: Reviewing an 8 week training programme carried out by each student.</p>
<p>Rock Climbing</p> <p>*Links: Prior learning Yr9: Outdoor, adventurous activities, basic rock climbing skills.</p> <p>National Curriculum: Outdoor, adventurous activities, advanced rock climbing skills.</p>		<p>Badminton</p> <p>*Links: Prior learning Yr9: Develop technique in other competitive sports and develop use of tactics.</p> <p>National Curriculum: Evaluate performance to improve skills, techniques and tactics.</p>		<p>Athletics</p> <p>*Links: Prior learning Yr9: Development of advanced skills and techniques.</p> <p>National Curriculum: Comparison of advanced skills and techniques to previous performance and perfect model to improve performance.</p>

Equipment needed for sessions:	What can you do to support your child?
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<p>Exercise book, all expected equipment (see equipment list in planner).</p> <p>PE Kit: Trainers, football boots, shine pads, white polo shirt or red/black rugby shirt, black tracksuit bottoms, black shorts, black plain jumper, black waterproof jacket.</p>	<ul style="list-style-type: none"> • Check Show My Homework and support your child to organise their time effectively to complete homework to a high standard. • Encourage your child to take part in extension activities offered at college. • Encourage your child to join sports clubs in your community.
<p>How will learning be assessed and progress measured?</p>	<p>Extension and enrichment activities:</p>
<ul style="list-style-type: none"> • Marking of books to check understanding of each topic (formative assessment). • Assessment based on progress in each activity • Trial Exams, end of unit tests and regular exam question practice. • Regular peer and self-assessment. 	<ul style="list-style-type: none"> • Netball every Wednesday all year. • Football terms 1 and 4. • All other sports offered on the extension timetable may vary depending on day and time of year. • Intervention at year 11 to support students in reaching their potential.