

# Landau Learner Curriculum Overview

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

## Curriculum organisation

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 Edexcel GCSE specification.

**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.

## 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: <b>Prior learning Yr9:</b> 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><b>National Curriculum/Exam Specification:</b> 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: <b>Prior learning Term 1/KS3:</b> All students will have developed their knowledge of exercise and the impact this has on the body. Some knowledge of energy sources.</p> <p><b>National Curriculum/Exam Specification:</b> 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: <b>Prior learning Term KS3:</b> All students will have developed their knowledge of exercise and the impact this has on the body.</p> <p><b>National Curriculum/Exam Specification:</b> 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: <b>Prior learning term 3:</b> Knowledge of fitness and training to enable planning, execution and reflection of personal exercise programme.</p> <p><b>National Curriculum:</b> Planning and carrying out an 8 week exercise programme.</p>	<p>Coursework: Personal Exercise Programme.</p> <p>*Links: <b>Prior learning term 3/4:</b> Knowledge of fitness and training to enable planning, execution and reflection of personal exercise programme.</p> <p><b>National Curriculum:</b> Reviewing an 8 week training programme carried out by each student.</p>
<p>Rock Climbing</p> <p>*Links: <b>Prior learning Yr9:</b> Outdoor, adventurous activities, basic rock climbing skills.</p> <p><b>National Curriculum:</b> Outdoor, adventurous activities, advanced rock climbing skills.</p>	<p>Badminton</p> <p>*Links: <b>Prior learning Yr9:</b> Develop technique in other competitive sports and develop use of tactics.</p> <p><b>National Curriculum:</b> Evaluate performance to improve skills, techniques and tactics.</p>			<p>Athletics</p> <p>*Links: <b>Prior learning Yr9:</b> Development of advanced skills and techniques.</p> <p><b>National Curriculum:</b> 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?

<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"> <li>• Check Show My Homework and support your child to organise their time effectively to complete homework to a high standard.</li> <li>• Encourage your child to take part in extension activities offered at college.</li> <li>• Encourage your child to join sports clubs in your community.</li> </ul>
<b>How will learning be assessed and progress measured?</b>	<b>Extension and enrichment activities:</b>
<ul style="list-style-type: none"> <li>• Marking of books to check understanding of each topic (formative assessment).</li> <li>• Assessment based on progress in each activity</li> <li>• Trial Exams, end of unit tests and regular exam question practice.</li> <li>• Regular peer and self-assessment.</li> </ul>	<ul style="list-style-type: none"> <li>• Netball every Wednesday all year.</li> <li>• Football terms 1 and 4.</li> <li>• All other sports offered on the extension timetable may vary depending on day and time of year.</li> <li>• Intervention at year 11 to support students in reaching their potential.</li> </ul>