

Year 10 Physical Education Medium Term Plan

Unit	Duration (lessons)	Learning Objectives/Outcomes
Training methods / principles	8	<ul style="list-style-type: none"> • Students to review of examination technique • Students to peer / self-assess knowledge and understanding on work covered to date • Students to be introduced to the Principles and Methods of Training method • Introduction to principles of training, defining each component and their meaning • Students to develop understanding of progression and overload • Students to be introduced to training threshold • Students to interpret data and draw their own threshold • To identify the link between training threshold and Overload
PEP Planning and Creation	9	<ul style="list-style-type: none"> • Students to create 6 week training plan under controlled conditions • Taking into account previous work on Principles / methods
Healthy Mind and Body	8	<ul style="list-style-type: none"> • Students to be able to identify benefits of training and exercise in sport • Discover influences on taking part in sport and identify the factors behind this • Identify reasons that people may take part in sport • Exe roles other than performer in sport and reasons people may take these roles • Students to be introduced to training threshold • Identify participation initiatives and those who would be targeted by organisation
Somatotyping / Well Being and Diet	8	<ul style="list-style-type: none"> • Students to identify the term somatotypes and assign characteristics to each body type • To link somatotype to performance in different sporting events • Students to understand the relationship between energy intake and expenditure • Students to understand how this affects performance • Look at the seven components of a balanced diet • Students should be able to identify the food sources, main functions and the aid to the sports person

BTEC

In year 10 students will undertake 2 units.

Unit 4 – The Sports Performer in Action

Unit 1 - Preparation and Training for Sport

Unit	Duration (lessons - GLH)	Learning Objectives/Outcomes
Unit 4 – Aerobic and anaerobic energy for sport	8	<ul style="list-style-type: none">• Understand how energy is provided for sport.• Short term effects of exercise on the 2 main body systems• Long term effects of exercise on the 2 main body systems
Unit 4 – Coursework	14	<ul style="list-style-type: none">• Produce materials for doctors' surgery and local health facilities based around effects of exercise.• Complete case study into effects of exercise on the body.• Examine long and short term effects of exercise on the body
Unit 1 – Preparation for Sports Performance	10	<ul style="list-style-type: none">• Link to components of fitness.• How cardiorespiratory system play a part in sport performance.• Understanding the use of a variety of training principles (why we train)• Practical use of training methods in action.• Link Heart rate to training thresholds.• Body composition and how it affects performance.• Ways of measuring performance.