YEAR 10		Description	Levels covered	Skills & content covered	Skills & content revisited
PE					
AUTUMN 1		Joints and movement	1 to 9	know the definitions and roles of the following and be able to apply them to examples from physical activity/sport: - agonist - antagonist - fixator - antagonistic muscle action Know the definition of a synovial joint. • Know the following hinge joints: - knee - articulating bones - femur, tibia - elbow - articulating bones - humerus, radius, ulna. • Know the following ball and socket joints: - shoulder - articulating bones - humerus, scapula - hip - articulating bones - pelvis, femur. Know the types of movement at hinge joints and be able to apply them to examples from physical activity/sport: - flexion - extension. Know the types of movement at ball and socket joints and be able to apply them to examples from physical activity/sport: - flexion - extension - rotation - abduction - adduction - circumduction.	Revisited in the levers section
AUTUMN 2		Cardiovascular system	1 to 9	Know the double-circulatory system (systemic and pulmonary). • know the different types of blood vessel: - arteries - Veins - Capillaries - Understand the pathway of blood through the heart: - atria - ventricles - bicuspid, tricuspid and semilunar valves - septum and major blood vessels: - aorta - pulmonary artery - vena cava - pulmonary vein. • Know the definitions of: - heart rate - stroke volume - cardiac	recovered in the effects of exercise section
SPRING 1		Respiratory system	1 to 9	Understand the pathway of air through the respiratory system: - mouth - nose - trachea - bronchi - bronchiole - alveoli. • Know the role of respiratory muscles in breathing: - diaphragm - intercostals. • Know the definitions of: - breathing rate - tidal volume - minute ventilation. • Understand about alveoli as the site of gas exchange. Know the definitions of: - aerobic exercise - anaerobic exercise. • Be able to apply practical examples of aerobic and anaerobic activities in relation to intensity and duration.	recovered in the effects of exercise section

SPRING 2		Short term effects of exercise	1 to 9	Understand the short-term effects of exercise on: - muscle temperature - heart rate, stroke volume, cardiac output - redistribution of blood flow during exercise - respiratory rate, tidal volume, and minute ventilation - oxygen to the working muscles - lactic acid production. • be able to apply the effects to examples from physical activity/sport. • be able to collect and use data relating to short-term effects of exercise Know the reasons why sports performers use drugs • know the types of drugs and their effect on performance: - anabolic steroids - beta blockers - stimulants. • give practical examples of the use of these drugs in sport.	recovered in the health and well being section
SUMMER 1		Long term effects of exercise	1 to 9	Understand the long-term effects of exercise on: - bone density - hypertrophy of muscle - muscular strength - muscular endurance - resistance to fatigue - hypertrophy of the heart - resting heart rate and resting stroke volume cardiac output - rate of recovery - aerobic capacity - respiratory muscles - tidal volume and minute volume during exercise - capillarisation. • be able to apply the effects to examples from physical activity/sport. • be able to collect and use data relating to long-term effects of exercise.	recovered in the health and well being section
SUMMER 2		Health, fitness and wellbeing	1 to 9	know what is meant by health, fitness and well-being • understand the different health benefits of physical activity and consequences of a sedentary lifestyle: – physical: - injury - coronary heart disease (CHD) - blood pressure - bone density - obesity - Type 2 diabetes - posture - fitness. – Emotional: - self-esteem/confidence - stress management - image. – Social: - friendship - belonging to a group - loneliness. • be able to apply the above to different age groups. • be able to respond to data about health, fitness and wellbeing	recovered in the reasons for participation module