

Long Term Plan

Year Overview (GCSE PE– Year 10)

Sport Faculty	
YEAR 10 GCSE PE	
<p>Component 1 – Physical Factors affecting sports performance</p> <p>Which the parts of the human body work and function during physical activity and physiological adaptations that can occur due to diet and training. They will also develop their knowledge and understanding of the principles of training, why we train in different ways and how training plans can be made to optimise results.</p> <p>Assessment</p> <p>In many areas of the specification, it is expected that practical examples from physical activities and sports will be used to show how theory can be applied and reinforce understanding.</p> <p>Learners are required to develop knowledge and understanding of data analysis in relation to key areas of physical activities and sports.</p> <p>Learners should be able to:</p> <ul style="list-style-type: none"> • demonstrate an understanding of how data are collected – both qualitative and quantitative • present data, including graphs and tables • analyse and evaluate data. 	<p>Component 3 performance within Physical Education</p> <p>Students will demonstrate their skills in 3 chosen activities in the following roles: Player/participant</p>

