

| <h1>Year 10</h1> <p>PE</p> | | | |
|---|---|---|---|
| 1 Practical Sport (1) | <ul style="list-style-type: none"> Technique shows consistency, however breaks down in challenging situations. Competence is shown in conditioned practice. Effective strategies are used, sometimes producing intended outcomes. | <ul style="list-style-type: none"> Detailed technique shows sustained positive outcomes. Confidence is shown in conditioned and competitive situations. Complex strategies are used, often producing intended outcomes. | <ul style="list-style-type: none"> Advanced techniques are used regularly and successfully in demanding situations. Conditioned and competitive situations are performed with excellence. Performer shows strategic influence over the performance, almost always producing intended results/outcomes. |
| 2 Physical Training | <ul style="list-style-type: none"> Define health and fitness, state the components of fitness and principles of training Recognise each fitness test and what training method will improve the component of fitness Identify each phase of a training season, linking with injury prevention Explain a number of benefits of a warm-up and cool-down, with the ability to plan and carry out an effective warm-up | <ul style="list-style-type: none"> Explain health and fitness, apply principles of training to improve components of fitness Demonstrate understanding of each fitness test, explaining which training method will be used to improve each component of fitness Explain each phase of a training season, describe in detail how to decrease risk of injury | <ul style="list-style-type: none"> Evaluate specific sports performance, apply principles of training to cause a direct impact on improving performance Plan and implement a range of fitness tests, explain the link of each to specific components of fitness Evaluate methods of training and identify benefits, advantages and disadvantages of each |
| 3 Practical Sport (2) | <ul style="list-style-type: none"> Technique shows consistency, however breaks down in challenging situations. Competence is shown in conditioned practice. Effective strategies are used, sometimes producing intended outcomes. | <ul style="list-style-type: none"> Detailed technique shows sustained positive outcomes. Confidence is shown in conditioned and competitive situations. Complex strategies are used, often producing intended outcomes. | <ul style="list-style-type: none"> Advanced techniques are used regularly and successfully in demanding situations. Conditioned and competitive situations are performed with excellence. Performer shows strategic influence over the performance, almost always producing intended results/outcomes. |
| 4 Sports Psychology | <ul style="list-style-type: none"> Define the classifications of skill, ability and the types of goals Know each stage of the information processing model Identify and define the psychological factors affecting performance in different activities | <ul style="list-style-type: none"> Identify appropriate skill classification and goal performance outcomes for sporting examples Evaluate types of guidance/feedback used for a range of performers Link the psychological factors affecting performance in a range of sporting examples | <ul style="list-style-type: none"> Justify the classifications of skill in relation to sporting examples Justify which types of guidance/feedback are appropriate for different performers, providing examples Explain how each psychological factor impacts performance using a variety of examples |
| 5 Health, Fitness & Well-Being | <ul style="list-style-type: none"> Define sedentary, lifestyle and obesity Identify the characteristics of each somatotypes; endomorph, ectomorph and mesomorph Know the components of a balanced diet, and energy requirements and the importance of hydration | <ul style="list-style-type: none"> Understand the possible consequences of a sedentary lifestyle and how it can link to obesity Explain which somatotypes are most suited to a range of sporting activities Understand the impact of a balanced diet and hydration on sporting performance | <ul style="list-style-type: none"> Explain the impact of obesity on performance in physical activity and sport Analyse the relevance of different somatotypes for a range of sports Evaluate the importance of specific diets for different types of athlete |