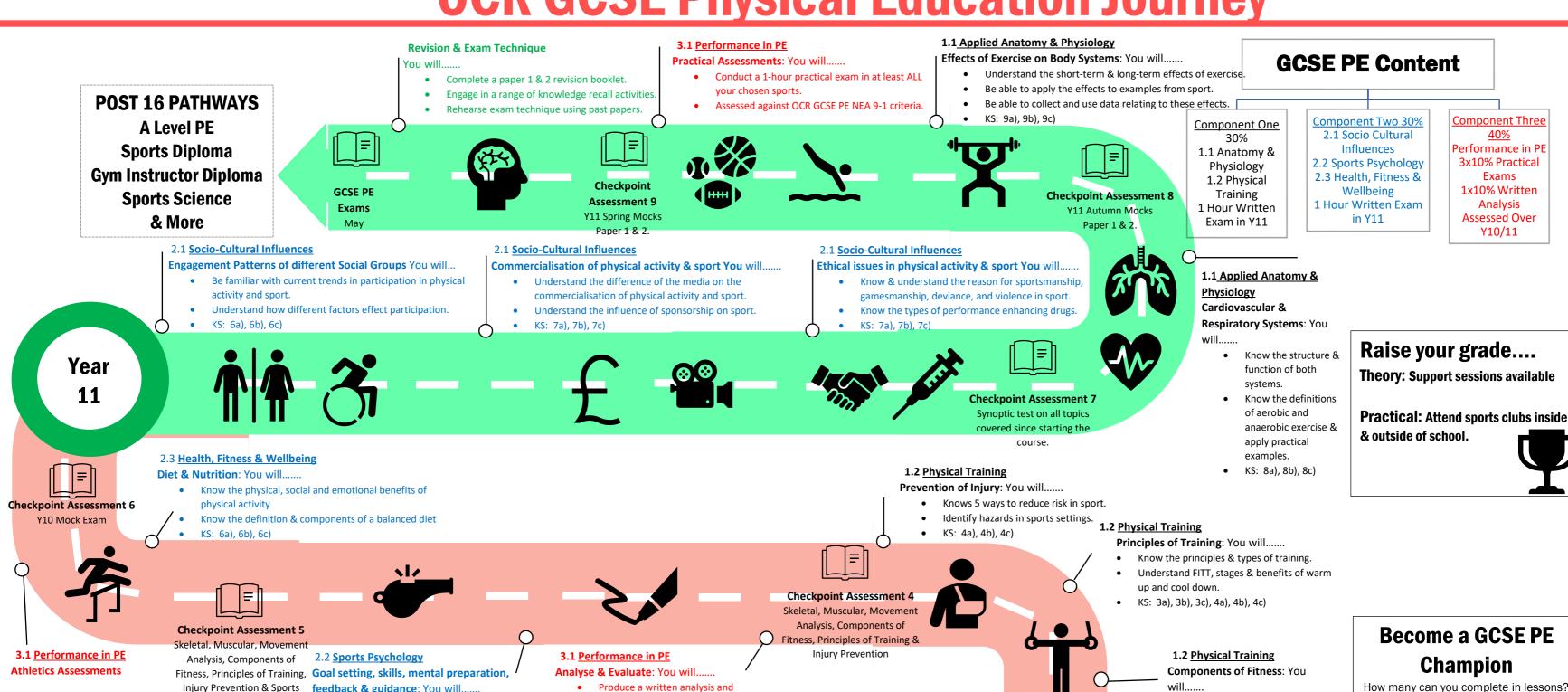


Kibworth Mead Academy OCR GCSE Physical Education Journey



Year 10

Your GCSE PE Journey starts here ...

KS = Knowledge Steps. This is a reference to the building blocks of knowledge that you will develop throughout your leaning journey.

1.1 Applied Anatomy & Physiology The Skeletal System: You will......

Know characteristics of skill & classify skill.

Know guidance/feedback techniques.

• KS: 5a), 5b), 5c)

• Understand use of goal setting, mental prep.

Locate 19 bones.

Injury Prevention & Sports feedback & guidance: You will...

- Understand the 6 functions of the skeleton.
- Know 4 types of synovial joint.
- Know roles of ligaments, tendons, cartilage
- KS: 1a), 1b), 1c)

1.1 Applied Anatomy & Physiology

The Muscular System: You will.

evaluation of your performance in ONE

of your chose sports.

supervision

Checkpoint

Assessment 1

Skeletal

14 hours under informal teacher

- Locate 11 major muscles.
- Know roles of muscles in movement: Agonist, antagonist, fixator - antagonistic

Checkpoint Assessment 2

Skeletal & Muscular

KS: 1a), 1b), 1c), 2a), 2b), 2c)

1.1 Applied Anatomy & Physiology Movement Analysis: You will......

Checkpoint Assessment 3

Skeletal, Muscular & **Movement Analysis**

- Know & locate 3 classes of lever.
- Know the location of planes and axes in the body.

• Know the 10 components of

fitness & all associated

Apply sporting examples for

fitness tests.

KS: 3a), 3b), 3c)

each

- Apply sporting examples for each.
- KS: 2a), 2b), 2c), 3c)

How many can you complete in lessons?



- 1. Try your best in all PE lessons!
- Demonstrate outstanding attendance!
- Represent at least 1 school/club team!
- Have an active interest in Sports news!
- 5. Listen & act on all advice given to you!