Year: 10
Subject: Physical Education

Term	Week	Focus	Summary	Learning Outcomes	Learning skills
Term 1.1	1	Skeletal System	Bones	Classification of bones: applied to performance in physical activities and sport	*Collaborative learning- group research to research, identify and present bones, muscles and movement.*
	2	Skeletal System	Joints	Classification of joints and their impact on the range of possible movements	*Collaborative learning- group research to research, identify and present bones, muscles and movement.*
	3	Muscular System	Movement	Classification and characteristics of muscle types and their roles when participating in physical activity and sport	*Collaborative learning- group research to research, identify and present bones, muscles and movement.*
	4	Muscular System	Antagonistic Muscles	Antagonistic pairs of muscles Characteristics of fast and slow twitch muscle fiber types and how this impact on their use in physical activities	*Collaborative learning- group research to research, identify and present bones, muscles and movement.*
	5	Musco-Skeletal	Application of both system working together	How the skeletal and muscular systems work together	*Critical Thinking – Problem solving. How does both the muscular and skeletal systems combine to produce efficient movements.*
	6	Cardiovascular System	Functions	Functions of the cardiovascular system applied to performance in physical activities Structure of the cardiovascular system and their role in maintaining blood circulation	*Critical Thinking – Data Analysis of the different measurements of the CV system, identify how this impacts on performance given the data readings.*
	7	Cardiovascular System	Blood Vessels	Structure of arteries, capillaries and veins and how this relates to function and importance during physical activity and sport	*Critical Thinking – Data Analysis of the different measurements of the CV system, identify how this impacts on performance given the data readings.*

جيمس مدرسة فاوندرز دبي GEMS Founders School DUBAI

High Performance Learning

Year: 10
Subject: Physical Education

Term	Week	Focus	Summary	Learning Outcomes	Learning skills
Term 1.2	1	Cardiovascular System			
	2	Respiratory System	Blood Flow	The mechanisms required for redistribution of blood flow	Critical Thinking, Analysis and Linking
	3	Respiratory System	Components	Location of main components of respiratory system and their role in movement of oxygen and carbon dioxide into and out of the body	Critical Thinking, Analysis and Linking
	4	Energy Systems	Gaseous Exchange	Structure of alveoli to enable gas exchange	*Critical Thinking – Problem solving. How does both the CV and Respiratory systems combine to allow the performer to play at maximum levels.*
	5	Short Term Effects of Exercise	Effects of Exercise on the different body systems	Explain the main changes to the body through the immediate effects of exercise	*Critical Thinking – Case Study – on various athletes on how ST and LT effects are different on various athletes such as power athlete and marathon runner*
	6	Long Term Effects of Exercise	Effects of Exercise on the different body systems	Explain the long term adaptations to the body through the effects of exercise	*Critical Thinking – Case Study – on various athletes on how ST and LT effects are different on various athletes such as power athlete and marathon runner*
	7	Assessment	End of Term Assessment	Preparation for end of term assessment	Critical Thinking, Analysis and Linking