

Y10 Curriculum Map - GCSE PE

Year Group	September-December		January-April		May-July				
<b>Year 10</b> <b>GCSE PE</b>  <b>AQA</b>	<b>Health, Fitness and a Healthy active lifestyle</b>	General Health	<b>Training</b>	Principles of Training Training Programmes Circuit Training Weight Training Continuous, Fartlek and Interval Training	<b>Characteristics and Benefits of Leisure and Recreation</b>	Leisure Activities Recreation			
		Benefits of an Active Lifestyle				<b>Diet</b>	Balanced Diet Nutrition in Sport	<b>Cultural and Social Factors</b>	Leisure Time Fairness and Personal and social responsibility Social Groupings
		Skeletal System	<b>Participant as an Individual</b>	Age Disability Gender Physique (Somatotypes) Environment Risk and Challenge Activity Levels Training	<b>Physical and Mental Demands of Performance</b>				Fatigue/Stress Injury
		Role of the Skeletal System							<b>Social Factors (Health and Safety)</b>
		Muscular System							
Role of the Muscular System									
Skill Related Fitness Components									
Health Related Fitness Components									
End of Unit test									