

Year 10 GCSE PE

Below are the topic areas covered over this academic year. Please use the resources to help improve and embed the learning you have completed in school.

Autumn Term	
Topic Area	Resources
1.1.a Location of major bones	Revision textbook pages 2-3 Structure of the skeletal system - Skeletal system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
1.1.a Functions of the skeleton	Revision textbook page 3 The main functions of the skeletal system - Skeletal system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
1.1.a Types of movement	Revision textbook pages 6-8 Types of joint movement - Skeletal system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
1.1.a Synovial joints	Revision textbook pages 3-5 The role of joints and types of synovial joints - Skeletal system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
1.1.b Location of major muscle groups	Revision textbook page 9 -12 Involuntary, voluntary and skeletal muscle - Muscular system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
1.1.b The roles of muscle in movement	Revision textbook pages 13-14 Agonist and antagonist muscle pairs - Muscular system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
1.1.c Lever systems & Planes and axes	Revision textbook page 15 First, second and third class levers in the body - Movement analysis in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
1.1.b Movement Analysis	Revision textbook pages 16-18 Planes and axes of movement - Movement analysis in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize

Spring Term	
Topic Area	Resources
1.1.d Cardiovascular system	Revision textbook pages 19-21 Structure of the cardiovascular system - Cardiovascular system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
1.1.d Respiratory system	Revision textbook pages 21-24

	Structure of the respiratory system - Respiratory system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
1.1.d Aerobic and anaerobic exercise	Revision textbook pages 24-26 Anaerobic respiratory system - Aerobic and anaerobic exercise - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
1.1.e Short-term effects of exercise	Revision textbook pages 27-28 Short term effects of exercise on the body systems - Long and short term effects of exercise - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
1.1.e Long-term effects of exercise	Revision textbook pages 29-31

Summer Term	
Topic Area	Resources
1.2.a Components of fitness	Revision textbook pages 32-35 Components of fitness - Keeping fit and healthy in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
1.2.a Fitness Testing	Revision textbook pages 32-35 OCR GCSE PE - COMPONENTS of FITNESS FITNESS TESTING - Physical Training (2.1) (youtube.com)
1.2.b Training principles	Revision textbook pages 36-37 The principles of training - Principles of training - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
1.2.b Optimising training	Revision textbook pages 37-39 The effects of the warm up and cool down process - Methods and effects of training - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
1.2.c Preventing Injury	Revision textbook pages 41-43 Health screening - PAR-Q questionnaire - Preventing injury in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize