

### 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.

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

<b>Spring Term</b>	
<b>Topic Area</b>	<b>Resources</b>
1.1.d Cardiovascular system	Revision textbook pages 19-21

	<p>Revision <u>notes</u> textbook pages 19-21</p> <p><a href="#">Structure of the cardiovascular system - Cardiovascular system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p>
1.1.d Respiratory system	<p>Revision textbook pages 21-24</p> <p>Revision <u>notes</u> textbook pages 22-26</p> <p><a href="#">Structure of the respiratory system - Respiratory system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p>
1.1.d Aerobic and anaerobic exercise	<p>Revision textbook pages 24-26</p> <p>Revision <u>notes</u> textbook pages 24-26</p> <p><a href="#">Anaerobic respiratory system - Aerobic and anaerobic exercise - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p>
1.1.e Short-term effects of exercise	<p>Revision textbook pages 27-28</p> <p>Revision <u>notes</u> textbook pages 27-28</p> <p><a href="#">Short term effects of exercise on the body systems - Long and short term effects of exercise - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p>
1.1.e Long-term effects of exercise	<p>Revision textbook pages 29-31</p> <p>Revision <u>notes</u> textbook pages 29-31</p>

<b>Summer Term</b>	
<b>Topic Area</b>	<b>Resources</b>
1.2.a Components of fitness	<p>Revision textbook pages 32-35</p> <p>Revision <u>notes</u> textbook pages 32-35</p> <p><a href="#">Components of fitness - Keeping fit and healthy in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p>
1.2.a Fitness Testing	<p>Revision textbook pages 32-35</p> <p>Revision <u>notes</u> textbook pages 32-35</p> <p><a href="#">OCR GCSE PE - COMPONENTS of FITNESS   FITNESS TESTING - Physical Training (2.1) (youtube.com)</a></p>
1.2.b Training principles	<p>Revision textbook pages 36-37</p> <p>Revision <u>notes</u> textbook page 36</p> <p><a href="#">The principles of training - Principles of training - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p>
1.2.b Optimising training	<p>Revision textbook pages 37-39</p> <p>Revision <u>notes</u> textbook pages 36-40</p> <p><a href="#">The effects of the warm up and cool down process - Methods and effects of training - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p>
1.2.c Preventing Injury	<p>Revision textbook pages 41-43</p> <p>Revision <u>notes</u> textbook pages 41-43</p> <p><a href="#">Health screening - PAR-Q questionnaire - Preventing injury in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p>

