

## PE Year 10 GCSE PE

Test target for Year 10 is:

In Year 10 students will

- Develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and wellbeing.
- Develop knowledge and understanding of key body systems and how they impact on health, fitness, performance in physical activity and sport.
- Pupils develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport.
- Develop knowledge and understanding of psychological factors that can effect performers in physical activity and sport.
- Pupils should develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport.

			Working Towards Target	At Expected Target	Above Expected Target	Test grade
<b>Unit 1</b> Applied anatomy and physiology – Paper 1: The human body and movement in physical activity and sport.	<b>Knowledge</b>					
	<b>Application</b>					
	<b>Justification</b>					
	<b>Evaluation and Analysis</b>					
<b>Overall unit performance</b>						
<b>FFL:</b>	<b>Meeting behaviour for learning standards</b>	<b>Actively engaged in the learning</b>	<b>Regularly complete HWK to a high standard</b>	<b>Completing CWK to a high standard</b>	<b>Is a resilient learner 'Doesn't give up easily'</b>	
<b>Achieved:</b>						

			Working Towards Target	At Expected Target	Above Expected Target	Test grade
<b>Unit 2</b> Movement analysis – Paper 1: The human body and movement in physical activity and sport	<b>Knowledge</b>					
	<b>Application</b>					
	<b>Justification</b>					
	<b>Evaluation and Analysis</b>					
<b>Overall unit performance</b>						
<b>FFL:</b>	<b>Meeting behaviour for learning standards</b>	<b>Actively engaged in the learning</b>	<b>Regularly complete HWK to a high standard</b>	<b>Completing CWK to a high standard</b>	<b>Is a resilient learner 'Doesn't give up easily'</b>	
<b>Achieved:</b>						

			Working Towards Target	At Expected Target	Above Expected Target	Test grade
<b>UNIT 3</b> Applied anatomy and physiology – Paper 1: The human body and movement in physical activity and sport.		<b>Knowledge</b>				
		<b>Application</b>				
		<b>Justification</b>				
		<b>Evaluation and Analysis</b>				
<b>Overall unit performance</b>						
<b>FFL:</b>	<b>Meeting behaviour for learning standards</b>	<b>Actively engaged in the learning</b>	<b>Regularly complete HWK to a high standard</b>	<b>Completing CWK to a high standard</b>	<b>Is a resilient learner 'Doesn't give up easily'</b>	
<b>Achieved:</b>						

			Working Towards Target	At Expected Target	Above Expected Target	Test grade
<b>UNIT 4</b> Physical training – Paper 1: The human body and movement in physical activity and sport.		<b>Knowledge</b>				
		<b>Application</b>				
		<b>Justification</b>				
		<b>Evaluation and Analysis</b>				
<b>Overall unit performance</b>						
<b>FFL:</b>	<b>Meeting behaviour for learning standards</b>	<b>Actively engaged in the learning</b>	<b>Regularly complete HWK to a high standard</b>	<b>Completing CWK to a high standard</b>	<b>Is a resilient learner 'Doesn't give up easily'</b>	
<b>Achieved:</b>						