

## 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.

### Lifeskills

- Articulate emotional wellbeing, explain the features of mental health and ill-health, evaluate different sources of support.
- Assess how to sensitively, safely and appropriately respond to increasingly nuanced scenarios in relation to unhealthy relationships behaviour, including abuse, discrimination, violence and online encounters.
- Demonstrate and explain the importance and relevance of a range of employability skills in new and varied contexts (work experience).

		Working Towards Target	At Expected Target	Above Expected Target	Test grade
<b>Unit 1 – Paper 1: The human body and movement in physical activity and sport – Applied anatomy and physiology</b>	<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 – Paper 1: The human body and movement in physical activity and sport – Movement analysis</b>	<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>					

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			<b>Working Towards Target</b>	<b>At Expected Target</b>	<b>Above Expected Target</b>	<b>Test grade</b>
<b>Unit 3</b> – Paper 1: The human body and movement in physical activity and sport –  The structure and functions of the cardio-respiratory system	<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>						

			<b>Working Towards Target</b>	<b>At Expected Target</b>	<b>Above Expected Target</b>	<b>Test grade</b>
<b>Unit 4</b> – Paper 1: The human body and movement in physical activity and sport –  Physical training  <b>NEA:</b> Section A – Analysis Coursework	<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>						