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Year 10 Overview 2025-26 – *Physical Education*

Date	Wk	Week	Units Studied & Learning Outcomes
8 weeks (8 Lessons) (38 Days)			
Tues 2-Sep Tues Y7 only Wednesday-whole school	A	1	Engagement patterns of different social groups and the factors affecting participation.
8-Sep	B	2	Commercialisation.
15-Sep (INSET Friday)	A	3	Sponsorship and the media.
22-Sep	B	4	Ethical conduct
29-Sep	A	5	Prohibited substances.
6-Oct	B	6	Spectator behaviour *Black History Month*
13-Oct	A	7	End of unit assessment: Units 3,5,6
20-Oct	B	8	Assessment Feedback

Prior	Current	Next
	Understand social influences on participation.	Social aspects – A-Level.

GW	Identify social aspects influencing participation in sport.
BI	Apply social aspects to physical activity and the sport.
EW	Explain the impact on physical activity and the sport.

- GCSE/Exam Links

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Foundational Concepts	Participation in sport.

Walts

- Understand different social groups and the factors affecting participation in physical activity and sport.
- Understand the commercialisation of physical activity and sport and the impact of media and sponsorship.
- Understand the impact of technology on physical activity and sport.
- To understand ethical conduct by sporting performers.
- To understand spectator behaviour and hooliganism in sport.

Tier 2/3 Vocabulary	Anabolic steroids, Beta blockers, Erythropoietin, Narcotic analgesics, Peptide hormones, Stimulants, etiquette, sportsmanship, gamesmanship.
Etymology	Etiquette – list of ceremonial observances (French)
EDI	Engagement patterns – cricket common among young people form Caribbean, Indian and Pakistani backgrounds. Religion and fasting. Ethnic minority groups. Equal opportunities for women becoming officials/coaches managers. Ethical issues regarding drugs testing. Wimbledon prize money for winners.
Assessment of Progress	Starter to each lesson – recap previous learning, interrupting forgetting during lesson, homework.
History	Rugby is said to have originated at Rugby School in Warwickshire, in 1823 when during a game of football, William Webb Ellis decided to pick up a ball and go with it. Rugby World Cup Trophy is

	now named after William Webb Ellis.
Careers Links	Sports media, police, WADA.
Misconceptions	Women are not as good at sport as men. All drugs are banned in sport.

Half-Term — **7** weeks (7 lessons) (34 Days)

3-Nov	A	9	Structure and function of the skeleton.
10-Nov	B	10	Synovial Joints.
17-Nov	A	11	Joint action and movement.
24-Nov	B	12	Structure and function of the muscular system. *Transgender*
1-Dec	A	13	Pathway of air.
8-Dec	B	14	Gaseous exchange.
15-Dec	A	15	Structure of the heart.

Prior	Current	Next
Knowledge of muscles, aerobic/ anaerobic exercise, lactic acid.	Anatomy and physiology related to exercise and athletic performance.	Exercise Physiology at A'Level.

GW	Identify and describe aspects of anatomy and physiology within the human body.
BI	Apply these to sporting activities.
EW	Explain how exercise impacts on these systems and improves athletic performance.

- GCSE/Exam Links

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Foundational Concepts	How the human body works.

Walts

- Understand the structure and functions of the skeletal system.
- To understand how movement occurs through joints.
- To understand the movement that occurs at joints.
- To understand the structure and function of the muscular system.
- Understand the pathway of air into and out of the lungs.
- Understand gas exchange at the alveoli and the features that assist in gaseous exchange.
- Understand the mechanics of breathing.
- Understand how to label and interpret a spirometer tracing.
- To understand the role of the heart and blood vessels.
- Understand the idea of aerobic and anaerobic exercise during differing intensities.
- Understand methods to help recover from strenuous exercise.
- Understand the effects of exercise on the body.

Tier 2/3 Vocabulary	Articulating, synovial, flexion, extension, plantarflexion, dorsiflexion, adduction, abduction, rotation, circumduction, agonist, antagonist, gaseous exchange, haemoglobin, oxyhaemoglobin, alveoli, capillaries, diffusion, tidal volume, diastole, systole, vasoconstriction, vasodilation, stroke volume, cardiac output, lactic acid, EPOC, DOMS, aerobic, anaerobic.
Etymology	'Haem'– blood (Greek), 'systole'– to contract (Greek), 'vaso'– vessel (Latin),

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Christmas Holiday			6 weeks (6 lessons) (30 Days)
5-Jan	B	16	The cardiac cycle and the pathway of the blood.
12-Jan	A	17	Blood vessels.
19-Jan	B	18	Cardiac output and stroke volume.
26-Jan	A	19	Mechanics of breathing – the interaction of the intercostal muscles, ribs and diaphragm in breathing.
2-Feb	B	20	Interpretation of a spirometry trace.
9-Feb	A	21	The use of aerobic and anaerobic exercise in practical examples of differing intensities.

Prior	Current	Next
Knowledge of muscles, aerobic/ anaerobic exercise, lactic acid.	Anatomy and physiology related to exercise and athletic performance.	Exercise Physiology at A'Level.

GW	Identify and describe aspects of anatomy and physiology within the human body.
BI	Apply these to sporting activities.
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Half-Term			5 weeks (5 lessons) (24 Days)
23-Feb	B	22	Excess post-exercise oxygen consumption (EPOC)/oxygen debt as the result of muscles respiring anaerobically during vigorous exercise and producing lactic acid.
2-Mar	A	23	The recovery process from vigorous exercise.
9-Mar	B	24	Immediate effects of exercise (during exercise). *Ramadhan*
16-Mar	A	25	Short-term effects of exercise (24 to 36 hours after exercise).
23-Mar	B	26	Long-term effects of exercise (months and years of exercising).

EDI	Kenyan and Ethiopian distance-running success is not based on a unique genetic or physiological characteristic. Rather, it appears to be the result of favourable somatotypical characteristics lending to exceptional biomechanical and metabolic economy/efficiency; chronic exposure to altitude in combination with moderate-volume, high-intensity training (live high + train high), and a strong psychological motivation to succeed athletically for the purpose of economic and social advancement.
Assessment of Progress	Starter to each lesson – recap previous learning, interrupting forgetting during lesson, homework.
History	Swedish chemist Carl Wilhelm Scheele was the first person to isolate lactic acid in 1780 from sour milk. John Hutchinson, an English physician, invented the spirometer in 1846.
Careers Links	Physiotherapist, sports masseur, sports scientist, teacher.
Misconceptions	Need oxygen to breathe, muscle attachment and movement, lactic acid and DOMS, muscles can only pull.

30-Mar	A	ST1	
Easter Holiday		6 weeks (?? lessons) (29 Days)	
20-Apr	B	ST1	
27-Apr	A		Exam Feedback
4-May (Bank holiday Mon)	B	30	First, second and third class lever systems within sporting examples.
11-May	A	31	Mechanical advantage – an understanding of mechanical advantage in relation to the three lever systems.
18-May	B	32	Analysis of basic movements in sporting examples.

Prior	Current	Next
Component (Yr7), tests (Yr8), methods (Yr9)	Understand the effects of training on athletic performance.	Exercise physiology – A-Level.

GW	Knowledge of physical training in sport.
BI	Apply the knowledge to specific sports to bring about improvements in athletic performance.
EW	Explain the impact on athletic performance.

- GCSE/Exam Links

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Foundational Concepts	Levers

Walts

- Understand the different classes of levers found in the body.
- Understand the mechanical advantage of different lever systems.
- Understand the planes and axes of different movements.

Tier 2/3 Vocabulary	Sagittal, frontal, transverse, longitudinal, flexion, extension, adduction, abduction, circumduction, rotation, quantitative, qualitative.
Etymology	Sagittal – arrow (Latin – sagittalis).
Assessment of Progress	Starter to each lesson – recap previous learning, interrupting forgetting during lesson, homework.
History	Etienne Jules-Marey studied human movement (ie, walking, running, jumping, etc.) by photographing subjects on a black background.
Careers Links	Sports biomechanicist, physiotherapist, human movement analyst.
Misconceptions	Human body mechanically efficient.

Half-Term		7 weeks (7 lessons) (35 Days)	
1-Jun	A	33	Identification of the relevant planes (frontal, transverse, sagittal) and axes (longitudinal, transverse, sagittal) of movement used whilst performing sporting actions.
9-Jun	B	34	Quantitative data.
16-Jun	A	35	Health and fitness Components of fitness
23-Jun	B	36	Fitness Testing
30-Jun	A	37	Principles of training
7-Jul	B	38	Calculating intensities to optimise training effectiveness

Foundational Concepts	Health and Fitness

Walts

- Understand how components of fitness relate to sports performance.
- Understand the need for testing.
- Understand how to apply the principles of training.
- Understand how to use intensities of exercise to optimise athletic performance.

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14-Jul	A	39	Types of training

Prior	Current	Next
Component (Yr7), tests (Yr8), methods (Yr9)	Understand the effects of training on athletic performance.	Exercise physiology – A-Level.

GW	Knowledge of physical training in sport.
BI	Apply the knowledge to specific sports to bring about improvements in athletic performance.
EW	Explain the impact on athletic performance.

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- Understand how to use different training methods to improve components of fitness.
- Understand the safety considerations necessary to reduce the risk of injury.
- Understand different training techniques – high altitude training.
- Understand how training can be structured into seasons.
- Understand the reasons for warming up and cooling down.

Tier 2/3 Vocabulary	Overload, Reversibility, Tedium, Hypoxic, threshold, aerobic, anaerobic.
Etymology	Tedium – taedere (Latin) – be weary of. Fartlek – speed play (Swedish)
EDI	Kenyan and Ethiopian distance-running – altitude. Ethical factors surrounding fitness testing.
Assessment of Progress	Starter to each lesson – recap previous learning, interrupting forgetting during lesson, homework.
History	Swedish coach Gösta Holmér developed fartlek in 1930.
Careers Links	Sports coach, personal trainer, fitness instructor.
Misconceptions	Stretching prevents injury, FITT is a separate principle

(Total: 190 Days)

*Weeks 37-39 are **likely** to be impacted by college visits, year rewards trip, sports day and work experience week.