

## YEAR 10 OVERVIEW PE

AUTUMN TERM 1							
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	
04.09.17	11.09.17	18.09.17	25.09.17	02.10.17	09.10.17	16.10.17	
Intro to BTEC Sport	<b>Components of physical fitness</b>	<b>Why fitness components are important for successful participation in given sports in terms of</b>	<b>Exercise intensity and how it can be determined</b>	<b>Additional principles of training</b>	<b>Additional requirements for each of the fitness training methods</b>	EoU TEST	
	<b>Components of skill-related fitness</b>	<b>Exercise intensity and how it can be determined</b>	<b>The basic principles of training (FITT)</b>	<b>Requirements for each of the following fitness training methods</b>	<b>Fitness training methods, flexibility</b>	TRIM	
			Assessment				
AUTUMN TERM 2							
Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
30.10.17	06.11.17	13.11.17	20.11.17	27.11.17	04.12.17	11.12.17	18.11.17
<b>Fitness training methods, strength, muscular endurance and power:</b>	<b>Fitness training methods, free weights</b>	<b>Fitness training methods, aerobic endurance:</b> ○ continuous training ○ fartlek training	<b>Fitness training methods, speed:</b> ○ hollow sprints ○ acceleration sprints ○ interval training	EoU TEST	<b>Importance of fitness testing to sports performers and coaches</b>	<b>Fitness test methods for components of fitness</b>	<b>Interpretation of fitness test results, flexibility and strength</b>
<b>Fitness training methods, aerobic endurance:</b> ○ circuit training	<b>Fitness training methods, plyometrics</b>	<b>Fitness training methods, aerobic endurance:</b> ○ interval training ○ circuit training	Revision	TRIM	<b>Requirements for administration of each fitness test</b>	<b>Requirements for administration of each fitness test</b>	<b>Interpretation of fitness test results, Bleep test and VO2 max</b>
							Year 10 Data
SPRING TERM 1							
Week 16	Week 17	Week 18	Week 19	Week 20			
08.01.18	15.01.18	22.01.18	29.01.18	05.02.18			

<b>Interpretation of fitness test results, forestry step test</b>	<b>Interpretation of fitness test results, power and muscular endurance</b>	<b>Interpretation of fitness test results, skinfold testing</b>	Exam revision	Exam Revision		
<b>Interpretation of fitness test results, speed and agility</b>	<b>Interpretation of fitness test results, BMI and BIA</b>	<b>Interpretation of fitness test results, skinfold testing</b>	Exam revision	EXAM		
<b>SPRING 2</b>						
Week 21	Week 22	Week 23	Week 24	Week 25	Week 26	
19.02.18	26.02.18	05.03.18	12.03.18	19.03.18	26.03.18	
Introduction to practical sport	Team Sport Activities	Exam feedback	Team Sport Activities	Team Sport Activities	Team Sport Activities	
		Revision for re-sit	Revision for re-sit	Revision for re-sit	Re-sit EXAM	
					Year 10 Data and Reviews	
<b>SUMMER TERM 1</b>						
Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33
16.04.18	23.04.28	23.04.28	30.04.28	07.15.18	14.05.18	21.05.18
Team Sport Activities	Team Sport Activities	Team Sport Activities	Team Sport Activities	Individual Sport Activities		
					Work Experience	Work Experience
<b>SUMMER TERM 2</b>						
Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40
04.06.18	11.06.18	18.06.18	25.06.18	02.07.18	09.07.18	16.07.19
Individual Sport Activities	Individual Sport Activities	Individual Sport Activities	Individual Sport Activities	Individual Sport Activities	Individual Sport Activities	Individual Sport Activities
		WTM's	PPE1	PPE 1	Year 10 Data	