



Year 10 Physical Education (PE) – Spring Term 2 – Knowledge Overview

Week Commencing 22.2.21 to 26.03.21 (10 PE Lessons in Total)					
Lesson focus	PE Lesson	Pupils should be able to:	Online learning resources	Offline learning resources	Key vocabulary
Aims, objectives, goals	PE Lesson 1 25/2/21	- To understand how to set appropriate aims, objectives and goals for personal fitness.	Check on Microsoft Teams (Year 11 PE Team) for resources prepared by your PE teacher.	Read through and complete tasks for Section I of the PE work booklet.	SMARTER targets, motivation, components of fitness
Physical fitness/skills/mental well-being	PE Lesson 2 26/2/21	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	View and pick a practical activity from the options prepared by your PE teacher on teams.	View and pick a practical activity from the options prepared by your PE teacher in the work pack.	Technique, mental health, physical fitness, lifelong participation
Physical Activity Readiness Questionnaire	PE Lesson 3 4/3/21	- To understand how to create a suitable medical questionnaire to ensure safe physical activity	Check on Microsoft Teams (Year 11 PE Team) for resources prepared by your PE teacher.	Read through and complete tasks for Section I of the PE work booklet.	Confidentiality, allergy, medical, PARQ, condition, acute, chronic
Physical fitness/skills/mental well-being	PE Lesson 4 5/3/21	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	View and pick a practical activity from the options prepared by your PE teacher on teams.	View and pick a practical activity from the options prepared by your PE teacher in the work pack.	Technique, mental health, physical fitness, lifelong participation
Musculoskeletal system	PE Lesson 5 11/3/21	- To understand the functions and features of the muscular and skeletal systems. To understand the short term effects of exercise on the musculoskeletal system.	Check on Microsoft Teams (Year 11 PE Team) for resources prepared by your PE teacher.	Read through and complete tasks for Section I of the PE work booklet.	Posture, Movement, muscular, skeletal, protection, scapula, patella, external oblique, latissimus dorsi
Physical fitness/skills/mental well-being	PE Lesson 6 12/3/21	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	View and pick a practical activity from the options prepared by your PE teacher on teams.	View and pick a practical activity from the options prepared by your PE teacher in the work pack.	Technique, mental health, physical fitness, lifelong participation
Synovial joints	PE Lesson 7 18/3/21	- To understand the functions and features of the synovial joints in the body.	Check on Microsoft Teams (Year 11 PE Team) for resources prepared by your PE teacher.	Read through and complete tasks for Section I of the PE work booklet.	Ball and socket, hinge, flexion, extension, adduction, abduction, circumduction, rotation, cartilage, synovial fluid, tendon, ligament
Physical fitness/skills/mental well-being	PE Lesson 8 19/3/21	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	View and pick a practical activity from the options prepared by your PE teacher on teams.	View and pick a practical activity from the options prepared by your PE teacher in the work pack.	Technique, mental health, physical fitness, lifelong participation
Cardiorespiratory system	PE Lesson 9 25/3/21	- To understand the functions and features of the cardiovascular and respiratory systems. To understand the short term effects of exercise on the cardiorespiratory system.	Check on Microsoft Teams (Year 11 PE Team) for resources prepared by your PE teacher.	Read through and complete tasks for Section I of the PE work booklet.	Oxygenated, deoxygenated, vena cava, aorta, pulmonary, tidal volume, cardiac output
Physical fitness/skills/mental well-being	PE Lesson 10 26/3/21	- To trial various accessible physical activities that will promote lifelong physical activity for students after their high school careers.	View and pick a practical activity from the options prepared by your PE teacher on teams.	View and pick a practical activity from the options prepared by your PE teacher in the work pack.	Technique, mental health, physical fitness, lifelong participation