

Year 10 PE Curriculum

Spring Term 2018-19



Curriculum Content	Assessment	What homework will they have?	I'm not an expert, so how can I help?
<p>What will my child be studying this term? <u>GCSE</u> What are the benefits of a healthy active lifestyle?</p>	<p><u>GCSE</u> Students will complete end of unit tests from real GCSE questions under exam conditions approximately every 6 weeks. The PPE series will also be used to inform progress and attainment. There is one final exam in the summer.</p>	<p>Homework is set on a weekly basis. Students are expected to record this information in their planners and use supporting information to assist them with the homework. Students should be working towards their homework for approximately an hour.</p> <p>Staff in the department will use Bromcom to set and monitor homework.</p>	<p>Students are actively encouraged to read around the subject to develop their understanding and knowledge. Regular use of the internet for news articles relating to healthy and active lifestyles enables students to draw from a wider range of activities during exam papers and assignments. Watching sporting events, especially with a focus of the analysis of performance gives students a clearer understanding of why analysis is used to improve performance.</p>
<p>Content covered: <u>Theory GCSE</u> This term students will cover information relating to healthy active lifestyles. Students will develop their understanding of health and fitness and how training used correctly can make changes to their body and fitness levels. This will culminate with a 6 week training programme, where students design and perform, measuring their levels of fitness prior to and after the training programme.</p> <p><u>Practical GCSE</u> During the spring term students will complete a range of practical activities, where they develop their performance and embed the understanding of the rules and tactics within a competitive situation. As a result students could access a number of different activities this term. They are:</p> <ul style="list-style-type: none">• Football• Hockey• Handball• Basketball• Netball• Table Tennis			
<p>Literacy and numeracy: For the written paper GCSE paper it is essential that students ensure that their spelling, punctuation and grammar are correct. It is essential that all answers are in sentences rather than a bullet point method.</p>			
<p>What can I do to help my child? Ask students to talk about their PE lessons, ask them to explain the key points. Give them support for homework, including a good place to sit and work, and emphasise the fact that through effort and practice everyone can improve at PE. Make sure that students have all of the equipment required for their work.</p>			
<p>Additional resources and details of core texts used: Learning Resource Centre, Revision Books, PE related information sites (GCSE Bitesize, Brian Mac, Teach PE)</p>			
<p>Where can I get more advice?</p>			

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