The Fisher Way: Curriculum

The Fisher Way aims to educate and inspire with joy, faith and love because we are an inclusive Catholic community.

Successful and resilient learners who aspire to and achieve excellence

Confident individuals who can explore and communicate effectively

Responsible citizens who are active, loving and wise in all their endeavours

Subject	GCSE PE
Year Group	Year 10
Intent	**Successful and resilient learners:** who understand how to apply theoretical sporting knowledge to practical situations. **Confident individuals:** who have an awareness of the different ways to stay involved in sport and physical activity and of roles within sport. **Responsible citizens:** who understand the importance of leading a healthy active lifestyle and to equip them with the tools to do so through health and wellbeing education, therefore, fostering a life-long passion for sport and healthy active lifestyles.

Narrative	Year 10 GCSE PE: 1. Learners will have a deeper understanding of how sport is covered across the media and the negative effects that the media can have on sport as well as being able to understand the relationship between sport and the media. Learners will also develop their knowledge and expertise when designing and delivering session plans for sport lessons. Learners will have a greater understanding of contemporary issues in sport. 2. This year links to the positive effects that the media can have on sport that was undertaken in Year 9 and how sport is impacted by the media. 3. Learners will develop an understanding of the importance that physical education has on an individual's well-being, equipping them with the tools to participate/engage in sport and lead healthy active lifestyles in the future.					
Half term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge (topics studied)	Components of fitness	Principles of Training	Training Methods	Injury Prevention	Drugs in Sport	Healthy Active Lifestyles
Key skills	Critical thinking Knowing how to improve different components	Understand the different thresholds Explain training zones Heart Rate & Karvonen Formula Warm ups / Cool downs	Positives & negatives of each training method Application skills Knowing how to perform each method Critical thinking	Importance of a PARQ Understanding different types of injuries Explaining how the RICE method is used Safety in sport	Being able to explain different types of PED's Understanding what a performing enhancing drug is (PED). Being able to apply knowledge to specific sports Understanding the positive and negative effects of PED's	Being able to explain what a lifestyle choice is Apply the benefits and side effects of lifestyle to sport Understand what participation rates are Explain the effects of smoking, alcohol, work & sleep.

Careers and cultural capital	Personal Trainer Sports Coach	Personal Trainer	Personal Trainer Biochemist	Physio Doctor (GP)	Drug tester Physician	Personal trainer Sports development officer
Assessment	End of unit test Assessments in practical lessons of sport performance Regular homework quizzes Marking (bingo dabbers).	End of unit test Assessments in practical lessons of sport performance Regular homework quizzes Marking (bingo dabbers).	End of unit test Assessments in practical lessons of sport performance Regular homework quizzes Marking (bingo dabbers).	End of unit test Assessments in practical lessons of sport performance Regular homework quizzes Marking (bingo dabbers).	End of unit test Assessments in practical lessons of sport performance Regular homework quizzes Marking (bingo dabbers).	End of unit test Assessments in practical lessons of sport performance Regular homework quizzes Marking (bingo dabbers).