

# Curriculum Summary Document

## Year 10 – GCSE PE

Module/Unit of Learning	Taught During	What will students learn?	How does this prepare students for success at GCSE?	Links to other Subjects
Anatomy & Physiology	Autumn Term	<p>Students learn core AQA GCSE PE content including the skeletal and muscular systems, joint actions, levers, planes and axes of movement. They study the cardiovascular and respiratory systems, exploring gaseous exchange, cardiac cycle, mechanics of breathing and the short- and long-term effects of exercise.</p> <p>Students apply anatomical knowledge to explain how body systems enable and enhance sports performance.</p>	<p>This unit provides essential AO1 recall of body systems and AO2 application to sporting contexts.</p> <p>Students build confidence explaining movement, analysing performance and using GCSE command words. Secure anatomical knowledge underpins success across multiple AQA topics and develops readiness for longer, structured exam responses.</p>	<p>Oracy: developing precise spoken explanation</p>
Physical Training	Spring Term	<p>Students develop understanding of the components of fitness, fitness testing protocols and how to interpret data. They learn the principles of training, methods of training and how to plan safe and effective exercise programmes.</p> <p>Students apply knowledge to sporting examples, linking training choices to fitness components and performance demands.</p>	<p>Students practise AO2 and AO3 skills by interpreting data, justifying training choices and analysing the impact of training methods.</p> <p>They learn to construct clear, structured explanations using subject-specific vocabulary—key for 6- and 9-mark questions. This builds strong foundations for both Paper 1 and the practical performance coursework.</p>	<p>Science: circulatory, respiratory and muscular systems</p> <p>Maths: interpreting quantitative and qualitative data</p> <p>Food Technology: understanding diet and energy balance</p>
Health, Fitness & Wellbeing	Summer Term	<p>Students explore physical, emotional and social health, lifestyle choices, diet, and the benefits and risks of physical activity. They develop understanding of sedentary behaviour, injury prevention, and how to evaluate fitness and wellbeing data.</p> <p>Students begin preparing foundations for coursework, learning how to justify decisions using accurate GCSE terminology.</p>	<p>Students strengthen their ability to interpret qualitative and quantitative data, evaluate lifestyle factors and apply wellbeing concepts to exam scenarios.</p> <p>They develop extended explanation skills, preparing them to succeed in Paper 2 questions that require explanation, analysis and justification.</p>	