Morton Academy
The best in everyone™
Part of United Learning

PHYSICAL EDUCATION

Curriculum Progression

Y10/11 GCSE PE Theory

Applied Anatomy and Physiology

Musculoskeletal System
Cardiorespiratory System
Aerobic and Anaerobic Exercise
Short and Long Term effects of exercise

Applied Anatomy and Physiology

Health and Fitness
Components of Fitness
Principles of Training
Optimising Training

PEP

Use of data
Aim and Planning Analysis
Carrying out PEP
Evaluation of PEP

Movement Analysis

Lever Systems, examples of their use in activity
Mechanical Advantage
Planes and Axes of Movement

Health, Fitness and Wellbeing

Physical, emotional and social health, fitness and wellbeing
Sedentary Lifestyles
Energy use
Diet and Nutrition
Hydration

Sport Psychology

Classification of Skill
Goal setting and SMART targets
Guidance and Feedback
Mental Preparation

Socio-cultural influences

Engagement Patterns of social groups
Commercialisation
Ethical and Socio-cultural Issues