High Tunstall College of Science Curriculum IntentSubject: Physical EducationYear: 10Half term: 2



Topic: The Heart

	Sport science		Progress		
Торіс	Key ideas	R	A	G	
Blood Vessels	Vessels I can describe the structure of arteries, capillaries and veins				
Structure of the heart	I can describe the function of arteries , capillaries and veins				
The cardiac cycle and the	I can identify the vessels from an illustration				
pathway of the blood.	I can describe how blood is redistributed during exercise and vasodilation and vasoconstriction				
Cardiac output and stroke vol-	I can describe the structure the heart and name the arteries and veins associated with blood entering and leaving the heart				
ume	I understand the function of the chambers of the heart				
	I understand the order of the cardiac cycle , including diastole (filling) and systole (ejection) of the chambers , and the pathway of the blood to and from the heart				
	I can describe cardiac output, stroke volume and heart rate, and the relationship between them				
	I understand that: Cardiac output (Q) = stroke volume x heart rate				
	I can interpret and analyse heart rate graphs, draw my own graphs and make use of data to illustrate heart rate changes				

Lesson	Learning Focus	Assessment	Key Words
1	The Structure and function of arteries, capillaries and veins Blood redistribution during exercise (vasodilation and vasoconstriction)	Topic Test	Structure, function, arteries, capillaries and veins , illustration, redistribution, vasodilation and vasoconstriction
2	The structure of the heart and the arteries and veins associated with blood entering and leaving the heart The function of the chambers of the heart The cardiac cycle (diastole and systole) of the chambers and the pathway of the blood to and from the heart	Topic Test	Structure, function, arteries, veins, atria, ventricles, diastole, systole, chamber, cardiac cycle, pathway, ventricle, atrium, deoxygenated, oxygenated, pulmonary artery, pulmonary vein, gas exchange, valve
3	Cardiac output and stroke volume Cardiac output = stroke volume x heart rate Interpretation and analysis of heart rate graphs/ data	Topic Test	Cardiac output, stroke volume, heart rate, interpret, analyse
4	Exam question technique practice	Peer and teacher, formative during lesson using model answers/ KAI scaffolding	Knowledge, Apply, Impact
5	Topic Test	Summative	KAI