

High Tunstall College of Science Curriculum Intent
Subject: Physical Education Year: 10 Half term: 1



Topic: Injury prevention, warm up and cool down

	Physical education	Progress		
Topic	Key ideas	R	A	G
Injury prevention, warm up and cool	Identify the 4 components of a warm up			
	Describe an appropriate warm up and cool down			
	Discuss methods to reduce injury			

Lesson	Learning Focus	Assessment	Key Words
1	Warm up and cool down	Topic Test	Pulse raiser, stretching, static stretch, dynamic stretch
2	Injury prevention	Topic Test	Mobility, technique
3	Practical session– warm up	Topic Test	Pulse raiser, stretching, static stretch, dynamic stretch
4	Exam practice/ long answer technique	Peer and Teacher, Formative During lesson using model answers/KAI Scaffolding	Knowledge, Apply Impact
5	Topic test	Summative	KAI