

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



## Topic: Levers, Planes and Axes

	Physical education	Progress		
Topic	Key ideas	R	A	G
Levers, Planes and Axes	Understand the different classes of levers found in the body			
	Identify and describe the different planes and axes of different movements			
	Understand the mechanical advantages of different lever systems			

Lesson	Learning Focus	Assessment	Key Words
1	Label the different levers in the body	Topic Test	Fulcrum, effort, resistance
2	Describe, using examples the term mechanical advantage	Topic Test	Resistance arm, effort arm
3	Identify the different planes and axes and the movements that occur through each	Topic Test	Sagittal, transverse, frontal, longitudinal
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