

## Topic Overview

Subject: Physical Education

Year Group: 10/11

Topic: 1.2 Cardio-respiratory System



<p><b>What BIG IDEAS will you cover in this topic?</b></p> <p>In this unit you will develop an understanding of the cardio-respiratory system that builds on the knowledge developed in year 7,8 &amp; 9. You will learn to answer questions related to the final test and link them to other systems in the body.</p>	<p><b>What other <u>key concepts, knowledge and skills</u> will you learn in this topic?</b></p> <p>You will learn how the heart and lungs are structured within the body as well as how blood flows around the body. You will also learn the role of oxygen within sporting situations and how the body utilises this to create energy.</p>
<p><b>What important <u>prior knowledge</u> will you use from your prior learning?</b></p> <p>Reference to the structure and function of the cardiac and respiratory systems from KS3 theory lessons.</p> <p><b>Where does this topic fit into the <u>curriculum plan</u> for this subject?</b></p> <p>This is the second topic within the curriculum and provides the foundations of the knowledge required for GCSE PE.</p>	<p><b>Assessment:</b></p> <p><b>How and when will you be assessed on this topic?</b></p> <p>Students will be assessed through the mock exam process in December of year 10. This will cover units 1.1 and 1.2 with a range of questions from each topic.</p> <p><b>What will the success criteria be?</b></p> <p>All questions are taken from the AQA Exampro website and as a result the success criteria will be the GCSE mark scheme.</p>
<p><b>What is the key <u>vocabulary</u> that you will need to know in this topic?</b></p> <ul style="list-style-type: none"> <li>• Pathway of Air</li> <li>• Gaseous Exchange</li> <li>• Vena Cava, Aorta, Pulmonary Vein</li> <li>• Excess Post Oxygen Consumption</li> <li>• Oxygen Debt</li> </ul>	<p><b>What is the structure of learning/lessons in this topic?</b></p> <ul style="list-style-type: none"> <li>• 1.2a Pathway of air</li> <li>• 1.2b Mechanics of breathing</li> <li>• 1.2c Structure and function of cardio-respiratory systems</li> <li>• 1.2d Pathway of blood</li> <li>• 1.2e Aerobic vs Anaerobic</li> <li>• 1.2f Effects of exercise</li> </ul>

