

Physical Education Year 10 AQA Cycle 2: The structure and functions of the cardiovascular system students will develop their knowledge and understanding of the function and structure of the cardiovascular system through the following content.		Name:	Target Grade
		Grade currently working at:	
Learners will be expected to know and understand: 1.2.1 Functions of the cardiovascular system applied to performance in physical activities: <input type="checkbox"/> Transport of oxygen, carbon dioxide and nutrients, clotting of open wounds, regulation of body temperature. 1.2.2 Structure of the cardiovascular system: <input type="checkbox"/> Atria, ventricles, septum, tricuspid, bicuspid and semi-lunar valves, aorta, vena cava, pulmonary artery, pulmonary vein. <input type="checkbox"/> Their role in maintaining blood circulation during performance in physical activity and sport. 1.2.3 Blood vessels: <input type="checkbox"/> Structure of arteries, capillaries and veins. <input type="checkbox"/> Function and importance during physical activity and sport in terms of blood pressure, oxygenated, deoxygenated blood and changes due to physical. 1.2.4 Blood distribution: <input type="checkbox"/> The role and the mechanisms required (vasoconstriction, vasodilation) and the need for redistribution of blood flow (vascular shunting) during physical activities compared to when resting. 1.2.5 red and white blood cells, platelets and plasma <input type="checkbox"/> Function and importance of red and white blood cells, platelets and plasma for physical activity and sport.		8-9 – I can analyse and evaluate the functions of the cardiovascular system applied to performance in physical activities. I can analyse and evaluate the role of the structures of the cardiovascular system during rest and performance in physical activity and sport. I can analyse and evaluate the function and importance of blood vessels during physical activity and sport. I can analyse and evaluate the role and the mechanisms required for blood distribution. I can analyse and evaluate mental the Function and importance of red and white blood cells, platelets and plasma for physical activity and sport.	
		6-7 I can apply and explain the functions of the cardiovascular system applied to performance in physical activities. I can apply and explain the structures of the cardiovascular system during rest and performance in physical activity and sport. I can apply and explain the function and importance of blood vessels during physical activity and sport. I can apply and explain the role and the mechanisms required for blood distribution. I can apply and explain the function and importance of red and white blood cells, platelets and plasma for physical activity and sport.	
		4-5 I can demonstrate knowledge of the functions of the cardiovascular system. I can demonstrate knowledge of the structure of the cardiovascular system. I can demonstrate knowledge of the structure of arteries, capillaries and veins. I can demonstrate knowledge of blood distribution. I can demonstrate knowledge of the function and importance of red and white blood cells, platelets and plasma for physical activity and sport.	
Key Words: blood pressure; oxygenated and deoxygenated blood; vasoconstriction, vasodilation, vascular shunting, atria; ventricles; septum; tricuspid; bicuspid and semi-lunar valves; aorta; vena cava; pulmonary artery; pulmonary vein	Numeracy : $MHR=220-age$, $Cardiac\ Output=Stoke\ Volume \times BPM$	Careers: cardiothoracic surgeons, cardiologists, physician assistants, nurse practitioners, registered nurse, cardiovascular sonographers; technologists and technicians	
End Cycle Assessment Student will complete an end of cycle exam on the cardiovascular system.		Exam Technique RDPA-Read, Decode, Plan, Answer PEE- Point-explanation-Evidence	
What Went Well (WWW)		Even Better If EI	
Teacher comment;			