

Physical Education Curriculum Overview
Year 9 – OCR GCSE PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Physical Factors Affecting Performance	Physical Factors Affecting Performance	Physical Factors Affecting Performance	Physical Factors Affecting Performance	Physical Factors Affecting Performance	Physical Factors Affecting Performance
Physical Training	Physical Training	Applied Anatomy and Physiology	Applied Anatomy and Physiology	Applied Anatomy and Physiology	Applied Anatomy and Physiology
- Components of fitness - Fitness Tests - Types of Training	- Training principles - Optimising training - Warm up - Cool down - Prevention of injury	- Location of major bones - Functions of the skeletal system - Types of synovial joint - Components of a joint - Types of movement at a joint	- Location of major muscle groups - Roles of muscles in movement - Cardiovascular system	- Respiratory system - Aerobic and anaerobic - Short Term Effects of Exercise on all body systems - Long Term Effects of Exercise on all body systems	- Levers - Axes of rotation - Planes of movement
Skills: - List and describe the 10 components of fitness - Apply practical examples to each component of fitness - Describe each of the fitness tests - Analyse fitness test results comparing to normative data - List and describe the 7 types of training	Skills: - Describe SPOR and FITT linking a practical example to each - List the 5 parts of a warm up providing a practical example for each - List the 2 parts of a cool down providing a practical example for each - Describe the physical and mental benefits of a warm up and a cool down - List and describe the 5 ways of reducing and preventing injury in physical education - Identify risks in various sporting facilities	Skills: - List the major bones in the body - Label a diagram of the bones in the body - Apply examples of how the skeletal system performs its functions - Identify major joints and explain types of movement possible at the joints - Label a diagram of a joint – make a joint in play doh - Apply practical examples to types of movement at a joint	Skills: - List the 11 muscle groups - Label the muscle groups on a diagram - Apply practical examples of each muscle moving - Describe and provide practical examples of antagonistic pairs - Explain the role of a fixator in muscle movement - Identify and describe the dual circulation systems - Label a diagram of the heart - Label and describe the pathway of blood through the heart - List the three different types of blood vessel - Describe the function and characteristics of each blood vessel - Compare the differences of each blood vessel - Define heart rate, stroke volume and cardiac output - Explain the role of red blood cells	Skills: - Label a diagram of the respiratory system - Describe the pathway of air through the respiratory system - Describe the role of the diaphragm and intercostal muscles - Define breathing rate, tidal volume and minute ventilation - Understand the role of alveoli in gaseous exchange - Define aerobic and anaerobic exercise using practical examples - List the short-term effects of exercise with examples - List the long-term effects of exercise with examples - Collect and use data on heart rate and breathing rate	Skills: - Draw and label each class of lever - Identify each component of a lever - Apply practical examples for each class of lever - Explain mechanical advantage/disadvantage - Label each plane of movement and describe how it splits the body - Label each axes of rotation and describe where it enters the body - Apply practical examples to each plane of movement and axes of rotation
	Assessment Physical Training and Walk through	Exam Technique lesson – A01, A02, A03	Assessment – Physical training, Skeletal System, Muscular System and Cardiovascular System plus walk through		Assessment – Physical Training & All applied anatomy and physiology apart from movement analysis

Physical Education
Year 10 – OCR GCSE PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Revision and Reteach Components of Fitness AEP – Evaluation and Analysis	Socio-cultural Issues and Sports Psychology Sports Psychology	Socio-cultural Issues and Sports Psychology Engagement Patterns	Socio-cultural Issues and Sports Psychology Commercialisation	Socio-cultural Issues and Sports Psychology Health, Fitness & Well being	AEP Overview and Analysis
- Components of fitness - Fitness Tests	- Characteristics of skilful movement - Classification of skills - Types of guidance - Types of feedback - Goal setting - Mental preparation	- Physical activity - Participation - Promotion, provision, access	- Commercialisation - Ethics in sport - Drugs in sport - Violence in sport	- Health, fitness and well-being - Diet and nutrition	Skills overview for their activity
Skills: - List and evaluate own/peer physical test results on 10 components of fitness and compare them to normative data. - List and analyse own/peer 10 components of fitness and justify relative importance in chosen activity applying examples.	Skills: - Describe each characteristic of skilful movement providing a practical example for each - Analyse performance and how each characteristic is shown in performance - Plot skills on the environmental continuum - Plot skills on the difficulty continuum - Describe the types of guidance providing a practical example for each - Compare the differences between the types of guidance - Describe the types of feedback providing a practical example for each - Compare the differences between the types of feedback - Describe SMART goal setting and provide practical examples - Design a training programme which adheres to SMART goal setting - Describe the mental preparation techniques providing a practical example for each - Justify why some athletes will use certain types of mental preparation technique	Skills: - Describe the current trends in participation in a variety of physical activity and sports using sources from Sport England, NGB's, DCMS. - Compare and provide reasons for the different trends in participation - Analyse the 14 different factors that can affect participation in physical activity and sport - List and describe the strategies which can be used to improve participation (promote, provision, access) - Apply examples from physical activity/sport to participation issues	Skills: - List and describe the influence of the media on commercialisation (social/internet/TV/newspapers) - Define commercialisation, sponsorship and media with reference to the golden triangle - Describe and analyse the positive and negative effects of the media on commercialisation with practical examples - Describe and analyse the positive and negative effects of sponsorship on commercialisation with practical examples - Define gamesmanship, sportsmanship and deviance in sport applying practical examples for these concepts - List the 3 types of performance enhancing drug - Describe the effects of each PED - Analyse the positive and negative effects of each PED - Describe using practical examples reasons why athletics would take PED - Describe reasons for violence in sport	Skills: - Describe health, fitness and well-being - Explain the effects that physical activity can have on health, fitness and well-being - Define the term sedentary lifestyle - List the 7 components of diet - Apply practical examples to each component of diet - Describe the function of each component of diet	- List the core and advanced skills including decision making and tactical awareness in your sporting activity and analyse how each of these skills will lead to a successful performance. - Assess, using quantitative and qualitative data on own/peers' strengths and weaknesses, in terms of skill and fitness in chosen activity.
<u>AEP Evaluation and Analysis</u> <u>Paper 1 Assessment and Walk through</u>	<u>Sports Psychology Assessment and Walk through</u>				<u>AEP Overview and Assessment</u>

Year 11 – OCR GCSE PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Revision and Reteach Muscles, Movement & Skill AEP – Movement Analysis	Revision and Reteach SPOR, FITT, Types of training, Hazards, Goal Setting AEP – Action Plan	Exam preparation and technique Revision and Reteach Physical Factors Affecting Performance Revision and Reteach Socio-cultural Issues and Sports Psychology			N/A
• Location of major muscle groups • Roles of muscles in movement • Types of movement at a joint • Types of synovial joint • Location of major bones • Classification of skills • Movement Analysis	• Training principles • Optimising training • Types of Training • Prevention of injury • Goal Setting	• AO meanings • Command words • Underline, highlight technique • PEEL technique • QLA informed reteach • 6 marker			
Skills: • Identify major joints and explain types of movement possible at the joints for a skill in your activity. • Describe and provide practical examples of antagonistic pairs and apply this to a skill in your activity. • Explain the role of a fixator in muscle movement and apply this to a skill in your activity. • Plot a skill from your activity on the environmental continuum and explain why you have put it there • Plot a skill from your activity on the difficulty continuum and explain why you have put it there	Skills: • Provide an action plan to improve one aspect of performance - a weakness in skill or fitness. • This plan will show: • Identification and justification of chosen skill • List and describe 4-6 Progressive drills and practices, including coaching points to improve skill/fitness • Improvements made in chosen skill/fitness over 6 weeks. • Describe SPOR and FITT linking these to improving your weakness • Describe the types of training you are going to use to improve your weakness • Identify risks in sporting facilities that you would use during your training programme • Describe SMART goal setting and apply this to improving your weakness • Design a training programme which adheres to SMART goal setting	Skills: • Analyse each examination question understanding whether it is Assessment objective (AO) 1/2/3. • Define, describe and apply command words appropriately in written responses. • Define, describe and apply the key words appropriately in written responses. • Appropriately answer the AO in the exam question. • Describe and apply PEEL when writing extended answer responses. • List the annotations that OCR apply when answering questions. • Analyse own performance in mock examinations to focus quality revision on areas of weakness whilst maintaining areas of strength.			
<u>AEP – Movement Analysis</u>	<u>Mocks – Period 1 – Paper 1 and Paper 2</u> <u>AEP – Action Plan</u>	<u>Mocks – Period 2 – Paper 1 and Paper 2</u>			