

## GCSE PE KS 4 Long term plan

	Year 10	Year 11
Autumn half term 1  Sequential knowledge and skills	Introduction to GCSE PE Course  <b>Unit 4: Sports Psychology</b>  Skill and ability  Methods of classifying skills  Goals and SMART targets  A03 (Evaluating links between the different processes and how they impact upon sports performance)	<b>Controlled assessment – Performance Analysis</b>  Analysis of strengths  Analysis of weaknesses  <b>Controlled assessment is dependent on prior knowledge of the sports performed and the Physical Training unit</b>
Assessment Content and methods used to judge learning	Homework  Differentiated assessment tasks  Half termly test	Homework  Differentiated assessment tasks  Half termly test
Autumn half term 2  Sequential knowledge and skills	Information processing  Guidance and feedback on performance  Arousal  Aggression  Personality Types  Motivation  End of unit test	<b>Controlled assessment – Evaluation</b>  Creating an action plan  Evaluation of the action plan  <b>Controlled assessment is dependent on prior knowledge of the sports performed and the Physical Training unit</b>

	<p>Links can be made between personality types and sports participation. Aggression and arousal levels can also be linked to different types of sports</p> <p>Practicals – Table Tennis &amp; Rock Climbing</p>	
<p>Assessment Content and methods used to judge learning</p>	<p>Homework</p> <p>Differentiated assessment tasks</p> <p>End of unit test</p>	<p>Homework</p> <p>Differentiated assessment tasks</p> <p>Mock exam</p>
<p>Spring half term 3</p> <p>Sequential knowledge and skills</p>	<p><b>Unit 1: Applied Anatomy and Physiology</b></p> <p>The structure and functions of the skeleton</p> <p>Articulating bones</p> <p>The structure of a synovial joint and the different types of joints</p> <p>Movements at a joint</p> <p>The structure and functions of the muscular system</p> <p>The respiratory system</p> <p>Gaseous Exchange</p> <p>Mechanics of breathing and the pathway of air</p> <p>A03 (Evaluating links between the different processes and how they impact upon sports performance)</p> <p>Practicals – Badminton &amp; Trampolining</p>	<p><b>Unit 6: Health, Fitness and Well-being</b></p> <p>The contribution that participating in physical activity and sport can make to physical, emotional and social health and wellbeing.</p> <p>The consequences of a sedentary lifestyle</p> <p>Obesity</p> <p>Somatotypes</p> <p>Energy use</p> <p>A balanced diet</p> <p>Nutrition for sport</p> <p>Hydration</p> <p>Links can be made to fitness, participation, training/exercise programmes and sporting success.</p> <p><b>Unit 2: Movement Analysis</b></p> <p>Types of levers –First, Second and Third Class</p> <p>Drawing linear versions of the different lever systems to include fulcrum, load and effort</p>

		<p>Mechanical Advantage of the different levers</p> <p>Links can be made to joints and specific movements</p>
<p>Assessment Content and methods used to judge learning</p>	<p>Homework</p> <p>Differentiated assessment tasks</p> <p>Practical assessment</p> <p>Half termly test</p>	<p>Homework</p> <p>Differentiated assessment tasks</p> <p>Half termly test</p>
<p>Spring half term 4 Sequential knowledge and skills</p>	<p>The cardiovascular system</p> <p>Blood vessels</p> <p>The pathway of blood and how it is redistributed during exercise</p> <p>Cardiac output, stroke volume and heart rate</p> <p>Aerobic exercise and Anaerobic exercise</p> <p>The recovery process</p> <p>The immediate, short term and long term effects of exercise</p> <p>A03 (Evaluating links between the different processes and how they impact upon sports performance)</p> <p>Practicals – Badminton &amp; Trampolining</p>	<p><b>Unit 2: Movement Analysis</b></p> <p>Analysis of basic movements and application of levers to sporting movements</p> <p>Planes of movement and axes of rotation during sporting actions</p> <p><b>Unit 5: Socio-cultural influences</b></p> <p>Different social groups and factors that affect participation in physical activity and sport</p> <p>Commercialisation and the impact of the media and sponsorship</p> <p>The impact of technology on physical activity and sport</p> <p>Ethical conduct by performers</p> <p>Performance enhancing drugs</p> <p>Spectator behavior</p>

<p>Assessment Content and methods used to judge learning</p>	<p>Homework</p> <p>Differentiated assessment tasks</p> <p>Practical assessment</p> <p>End of unit test</p>	<p>Homework</p> <p>Differentiated assessment tasks</p> <p>Practical moderation</p> <p>End of unit test</p>
<p>Summer half term 5 Sequential knowledge and skills</p>	<p><b>Unit 3: Physical Training</b></p> <p>Definitions of health and fitness</p> <p>The components of fitness – agility, balance, cardiovascular endurance, coordination, flexibility, muscular endurance, power, reaction time, strength and speed</p> <p>Fitness Testing</p> <p>Links can be made to the processes and functions from the anatomy and physiology unit</p> <p><b>Practical – Athletics</b></p>	<p>Revision in preparation for Paper 1 Until Mid May.</p> <p>Paper 2 specific revision after paper 1 has been sat.</p>
<p>Assessment Content and methods used to judge learning</p>	<p>Homework</p> <p>Differentiated assessment tasks</p> <p>Practical assesment</p> <p>Half termly test</p>	<p>GCSE PE Paper 1 Exam</p>
<p>Summer half term 6 Sequential knowledge and skills</p>	<p><b>Unit 3: Continued The principles of training</b></p> <p>Training Thresholds</p> <p>Types of training</p> <p>Preventing injury</p> <p>Training seasons</p>	<p>Revision</p>

	<p>Warming up and cooling down</p> <p>Links to reversibility if the above aren't completed correctly or adhered to.</p> <p>Topics within this unit are closely linked to each other</p> <p><b>Practical - Athletics</b></p>	
<p>Assessment Content and methods used to judge learning</p> <p>Assessment</p>	<p>EOY Assessments</p> <p>Practical assessment</p>	<p>GCSE PE Paper 2 Exam</p>