PX GCSE

The areas of development are:	Solutions
Physical Education	
PE Theory GCSE	
• understanding of health and the physical, emotional, and social components	• Recap lesson on MS Teams for, physical, emotional, and social health • BBC Bitesize Website: Health and wellbeing in sport
• knowing how different lifestyle factors can impact health	• Recap lesson on MS Teams for lifestyle factors • BBC Bitesize Website: Health and wellbeing in sport
• Describing a sedentary lifestyle and its consequences	• Recap lesson on MS Teams for Sedentary lifestyles • BBC Bitesize Website: Sedentary lifestyles
• Classifying skills using the three different continua	• Recap lesson on MS Teams for classification of skill • BBC Bitesize Website: Classification of skill
• Explaining how different skills can be practised effectively	• Recap lesson on MS Teams for practice structures
• Explaining the impact that guidance and feedback can have on performance	• Recap lesson on MS Teams for Guidance and feedback • BBC Bitesize Website: Performance guidance in sport/performance feedback in sport
• Describing engagement patterns of different social groups in physical activity and sport	• Recap lesson on MS Teams for engagement patterns • BBC Bitesize Website: social grouping and participation in sport
• Explaining the term commercialisation and the relationship between the media and sport	• Recap lesson on MS Teams for commercialisation • BBC Bitesize Website: commercialisation in sport
• Describing the different types of sport behaviour	• Recap lesson on MS Teams for sporting behaviour • BBC Bitesize Website: ethical factors in sport
• describing the components of fitness, benefits for sport and how fitness is measured and improved	• BBC Bitesize Website: Health Fitness & Exercise (Page 2) • BBC Bitesize Website: Health Fitness & Exercise (Page 3)

• Applying different training methods for specific components of fitness	• Recap lesson on MS Teams for methods of training • [BBC Bitesize Website: methods and effects of training](#)
• Applying the principles of training	• [BBC Bitesize Website: Principles of Training](#)
• recognising the long-term effects of exercise	• [BBC Bitesize Website: The long-term effects of exercise](#)
• demonstrating skills in an individual physical activity or sport, applying appropriate technique(s)	• [BBC Bitesize Website: Practical Performance](#) • [Edexcel Practical Performance Assessment Criteria](#)
• demonstrating skills in a team sport, applying appropriate technique(s)	• [BBC Bitesize Website: Practical Performance](#) • Edexcel Practical Performance Assessment Criteria
• identifying components of fitness to improve though a PEP, with suitable justification in relation to the impact on their performance	• [BBC Bitesize Website: Writing a Personal Exercise Programme (Page 1)](#)
• recording fitness levels at the beginning of the PEP, using recognised fitness tests	• [BBC Bitesize Website: Writing a Personal Exercise Programme (Page 2)](#)
• using pre-PEP fitness test results to determine and justify their choice of training methods and training intensities	• [BBC Bitesize Website: Writing a Personal Exercise Programme (Page 2)](#)
• justifying the use of SMART targets, to set their goals in their PEP	• [BBC Bitesize Website: Target Setting (Page 2)](#)
• carrying out and monitoring their PEP	• [BBC Bitesize Website: Writing a Personal Exercise Programme (Page 2)](#)
PE Theory Cambridge Nationals	
• Knows how sport is covered across the media sources like TV and subscription services	• Recap lesson on MS Teams for how sport is covered in on terrestrial TV • Complete MS Teams quiz on how sport is covered in the media
• Knows how sport is covered across the media sources like written press formats	• Recap lesson on MS Teams for how sport is covered in the written press. • Complete MS Teams quiz on how sport is covered in the media
• Knows how sport is covered across dedicated radio stations and the internet	• Recap lesson on MS Teams dedicated radio stations and the internet •
• Understands the positive effects that media can have on sport increased exposure of minority sports, education, and Olympic values	• Recap lesson on MS Teams positive effects of the media • Watch TV shows like MOTD and MNF on sky sports • Complete MS Teams quizzes on positive media effects
• Understands the negative effects that media can have on sporting values, inappropriate behaviour of athletes and live spectatorship	• Recap lesson on MS Teams negative effects of the media • Complete MS Teams quizzes on negative media effects
• Knows how media uses sport to promote itself.	• Recap lesson on MS Teams for sports promotion
• Understands how sport is a commodity, about advertising and sponsorship	• Recap lesson on MS Teams for sporting commodities • Check Instagram pages for popular athletes

• Understands the adoption and rejection of sporting heroes by the media	• Recap lesson on MS Teams for sporting heroes
• Can demonstrate skills to evaluate different media outlets.	• Read sport articles on BBC Sport and The Guardian Sport.