

Curriculum Overview: (Physical Education AQA GCSE PE)

Year group GCSE YEAR 10

What your child will learn each half term

This overview shows the key topics, skills, and knowledge your child will be learning in GCSE PE across each year group. It helps families understand what's being taught, how it builds on previous learning, and how you can support your child at home.

- **What we are learning:** The topic or focus for the half term.
- **Key knowledge & skills:** What students should understand and be able to do.
- **How we assess learning:** knowledge checks, practical tasks, written responses and formal assessments.
- **Key words to know:** Vocabulary students will learn and use.

Half term	What we are learning	Key Knowledge and skills	How we will assess learning in this unit	Homework	Key vocabulary for this unit
HT 1	Physical Training	The components of fitness. Health & Fitness. Measuring the components of fitness.	Practical & internal exam	Written tasks and revision	Physical Training • Health – state of complete well-being • Fitness – ability to meet the demands of the environment • Exercise – planned physical activity • Performance – how well a task is completed Components of Fitness • Cardiovascular endurance – heart and lungs work efficiently • Muscular endurance – muscles keep working • Strength – maximal force • Flexibility – range of movement • Speed – how fast you move • Power – strength x speed • Agility – change direction quickly • Balance – stay stable • Coordination – move smoothly • Reaction time – respond quickly Principles of Training • Specificity – training suited to sport

					• Progressive overload – gradually harder • Reversibility – lose fitness if you stop • Tedium – boredom • FITT – Frequency, Intensity, Time, Type Types of Training • Continuous training • Interval training • Fartlek training • Circuit training • Weight/resistance training • Plyometrics
HT 2	Physical Training	Principles of Training. Warm-up & Cooldown. Methods of training. Calculating intensity. Considerations to prevent injury.	Practical & internal exam	Written tasks and Revision	• Warm-up – prepare body • Cool down – recover safely • Altitude training – training at high altitude
HT3	Applied Anatomy and Physiology.	Bones, structure and functions of the skeleton. Muscles of the body. Types of joints. Blood Vessels Heart & cardiac cycle Mechanics of breathing. Pathway of air & gaseous exchange	Practical & internal exam	Written tasks and Revision	Skeletal System • Ligament – joins bone to bone • Tendon – joins muscle to bone • Cartilage – cushions joints • Synovial joint – freely moveable joint • Flexion – bending • Extension – straightening • Abduction – moving away from the body • Adduction – moving towards the body • Rotation – turning movement Muscular System • Agonist – prime mover (muscle that contracts) • Antagonist – muscle that relaxes • Isotonic contraction – muscle changes length (concentric & eccentric)

					• Isometric contraction – muscle stays the same length Respiratory System • Tidal volume – amount of air breathed in/out in one breath • Minute ventilation – volume of air per minute • Gaseous exchange – swapping oxygen and carbon dioxide Cardiovascular System • Heart rate (HR) – beats per minute • Stroke volume – blood pumped per beat • Cardiac output – blood pumped per minute • Vasoconstriction – narrowing blood vessels • Vasodilation – widening blood vessels
HT4	Applied Anatomy and Physiology.	Aerobic & Anaerobic exercise EPOC/ recovery. Immediate, Short and long term effects of exercise.	Practical & internal exam	Written tasks and revision	Aerobic & Anaerobic Exercise • Aerobic – with oxygen (long duration) • Anaerobic – without oxygen (short duration) • Lactic acid – waste product of anaerobic respiration
HT5	Movement Analysis	First, second and third class levers. Mechanical advantage. Planes and axes. Sagittal Frontal Transverse	Practical & internal exam	Written tasks and Revision	Movement Analysis • Lever – bone that moves about a fulcrum • Fulcrum – pivot point (joint) • Effort – force applied (muscle) • Load – resistance to be moved • Mechanical advantage – easier to lift heavy loads • Planes of movement – sagittal, frontal, transverse • Axes of rotation – longitudinal, transverse, frontal
HT6	Performance Analysis (Controlled Assessment)	Coursework – 10% of overall grade Strengths, Weaknesses, training programme, methods of training,	Internally and externally moderated.	Catch up sessions	

		analysis of own performance in a chosen sport.			
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Curriculum Overview: (Physical Education AQA GCSE PE)
Year group GCSE YEAR 11

Half term	What we are learning	Key Knowledge and skills	How we will assess learning in this unit	Homework	Key vocabulary for this unit
HT 1	Sports Psychology	Skill and Ability Feedback Guidance Arousal Inverted U theory Stress Management Aggression Personality	Practical & internal exam	Written tasks and Revision	Skill A learned action with the intention of bringing about a pre-determined result. Ability Inherited, stable traits that help you learn skills. Goal Setting Using targets to improve motivation and performance. Arousal A physical and mental state of alertness and readiness. Inverted U Theory Model showing how too little or too much arousal can lower performance. Stress Management Techniques Methods to control arousal: • Deep Breathing • Mental Rehearsal / Visualisation • Positive Self-Talk Feedback Information received after performing a skill: • Intrinsic (from within) • Extrinsic (from outside)

					• Knowledge of Results (outcome) • Knowledge of Performance (technique) Guidance Help when learning skills: • Visual (seeing) • Verbal (hearing) • Manual (physical support) • Mechanical (equipment)
HT 2	Sports Psychology	Intrinsic and extrinsic motivation. Types of goals. SMART targets. Basic information process	Practical & internal exam Y11 Mock exam	Written tasks and Revision	SMART Targets Specific, Measurable, Achievable, Realistic, Time-bound. Motivation The drive to succeed: • Intrinsic (from within, e.g., enjoyment) • Extrinsic (from outside, e.g., rewards) Information Processing Model Input → Decision Making → Output → Feedback.
HT 3	Socio-cultural Influences	Promotion of sport. Sponsorship & advertising, Commercialisation. Media Hooliganism Spectator behaviour Performance Enhancing drugs (PEDs) Personality types	Internal exam and class tests	Written tasks and Revision	Socio-cultural Influences Socio-cultural Factors Things in society and culture that affect participation (e.g., age, gender, ethnicity). Commercialisation Influence of money, business, and sponsorship on sport. Sponsorship Money or support given to a sport or athlete. Media TV, internet, newspapers reporting on sport. Golden Triangle Relationship between sport, media, and sponsorship.

					Technology in Sport Use of tools to improve performance and officiating (e.g., Hawk-Eye, VAR). Ethics Principles that govern fair behaviour. Sportsmanship Fair play and respect for opponents. Gamesmanship Bending the rules without breaking them. Deviance Deliberate rule-breaking or cheating. Performance-Enhancing Drugs (PEDs) Illegal substances taken to improve performance. Violence in Sport Aggressive behaviour harming others. Spectator Behaviour How fans behave at events. Hooliganism Disruptive or violent behaviour by spectators. Discrimination Unfair treatment of individuals based on characteristics (e.g., gender, race). Equal Opportunities Ensuring everyone has the same chance to participate. National Governing Body (NGB) Organisation running a sport in a country. Initiative Programmes to increase participation (e.g., Sport England campaigns). Personality Types • Introvert (quiet, prefers individual activities) • Extrovert (outgoing, prefers team sports)
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HT 4	Health, Fitness and Well being	Obesity Somatotypes - Endomorph Ectomorph Mesomorph Balanced Diet Dehydration	Internal exam and class tests	Written tasks and Revision	2. Health, Fitness and Well-being Health A state of complete physical, mental, and social well-being. Fitness The ability to meet the demands of the environment. Well-being A feeling or state of being comfortable, healthy, and happy. Sedentary Lifestyle A lifestyle with little or no physical activity. Obesity Having excessive body fat. Somatotype Body types: • Ectomorph (thin) • Mesomorph (muscular) • Endomorph (fat) Balanced Diet Eating the right mix of nutrients for health. Macronutrients Carbohydrates, proteins, fats. Micronutrients Vitamins and minerals. Hydration Having enough water in the body. Energy Expenditure How much energy you use. Calorie Intake Energy consumed through food and drink. Malnutrition Poor nutrition (too much or too little of nutrients). Nutritional Strategy Plans to improve diet for performance
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HT 5	Revision	Revision for both paper 1 and paper 2	Internal exam and class tests	Written tasks and Revision	Paper 1 Exam 1 hr 15mins End of May 30% Paper 2 Exam 1 hr 15mins Early June 30%
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