

GCSE PE Programme of Study

	Theory	Practical
Year 9	Paper 1 Term 1-3	Practical Development
Year 10	Paper 1 Term 1 NEA – Coursework Term 2 Paper 2 Term 3	Practical Development
Year 11	Paper 2 Term 1 & 2 Moderation Preparation Term 2 Revision Term 3	Practical Development

Paper 1 – Anatomy and Physiological aspects affecting performance

Topics include – Fitness, Training, Movement analysis, Analysing data, Respiratory System and Cardiovascular Systems.

Paper 2 – Sociocultural influences in Sport

Topics include - Sports psychology, Socio-cultural influences, Health, fitness and well-being, Use of data.

NEA - Non examined Assessment

- 1) Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity).
- 2) Analysis and evaluation of performance to bring about improvement in one activity. This is coursework/assignment based and tests their ability to analyse their chosen sport and suggest ways to improve performance applying theoretical content to do so.