

Subject: GCSE PE

Year group: 10

Department Curriculum Vision: Students are **physically literate, passionate** about sport and understand the importance of **lifelong participation**. Students will be **confident individuals**, developing a variety of attributes that will enable them to excel in the classroom and beyond.

	Autumn Term 1	Autumn Term 2
Content: (Know what...)	Physical Factors Affecting Performance Applied Anatomy & Physiology: 1.1.a - The structure and function of the skeletal system 1.1.b - The structure and function of the muscular system 1.1.c - Movement Analysis	Physical Factors Affecting Performance Applied Anatomy & Physiology: 1.1.d - The cardiovascular and respiratory systems 1.1.e - Effects of exercise on body systems
Skills: (know how...)	-Recall key terms -Define key terms -Describe the body's systems -Apply knowledge to the body and/or sporting examples -Analyse sporting movements	-Recall key terms -Define key terms -Describe the body's systems -Apply knowledge to the body and/or sporting examples -Explain the effect of exercise on the body's systems

Key vocabulary	Applied Anatomy & Physiology: Articulating, antagonistic, agonist, antagonist, fixator, synovial, levers, planes, axes	Applied Anatomy & Physiology: Cardiac, respiratory, gas exchange, inspiration, expiration, mechanics, alveoli, aerobic, anaerobic, hypertrophy, vascular
Mid Term Assessment	End of topic tests	End of topic tests
End Term Assessment	Combined topic test	Combined topic test
	Spring 1	Spring 2

Content: (Know what...)	Physical Factors Affecting Performance Physical Training: 1.2.a - Components of fitness	Physical Factors Affecting Performance Physical Training: 1.2.b - Applying the principles of training 1.2.c - Preventing injury in physical activity and training
Skills: (Know how...)	-Recall key terms -Define key terms -Describe the body's systems -Apply knowledge to the body and/or sporting examples -Demonstrate knowledge of testing for different components	-Recall key terms -Define key terms -Describe the body's systems -Apply knowledge to the body and/or sporting examples -Demonstrate knowledge of hazards in various sports settings

Key vocabulary	Physical Training: Cardiovascular endurance, muscular endurance, speed, strength, power, flexibility, agility, balance, co-ordination, reaction time	Physical Training: Specificity, overload, progression, reversibility, frequency, intensity, time, type, warm-up, cool-down, hazard, risk, PPE
Mid Term Assessment	End of topic tests	End of topic tests
End Term Assessment	Combined topic test	Combined topic test
	Summer 1	Summer 2
Content: (Know what...)	Socio-cultural Issues and Sports Psychology Socio-cultural Influences: 2.1.a - Engagement patterns of different social groups in physical activity and sports	Socio-cultural Issues and Sports Psychology Socio-cultural Influences: 2.1.b - Commercialisation of physical activity and sport
Skills: (Know how...)	-Interpret and analyse data -Identify barriers to participation and strategies for engagement -Apply knowledge to sporting examples -Research and present data	-Recall key terms -Define key terms -Apply knowledge to sporting examples -Engage in analysis and evaluation

Key vocabulary	Socio-cultural Influences: Engagement, discrimination, stereotypes, participation, trends	Socio-cultural Influences: Golden triangle, commercialisation, sponsorship, media
Mid Term Assessment	End of topic tests	End of topic tests
End Term Assessment	Paper 1 PPE - Partial	Paper 1 PPE - Full

Additional information

Homework	Exam style questions. Research based homework on specific topics. Creating revision resources. Tasks linking theory knowledge to practical application.
Extra curricular and enrichment opportunities	PE clubs and sports teams will help towards 40% final practical grade. GCSE PE students will be expected to have a thorough involvement in PE extra curricular and should also be participating in sports outside of school.
Useful links that will support learning	OCR GCSE Physical Education (2018) - Matthew Hunter BrianMac Topend Sports Teach PE BBC Bitesize - GCSE PE
How parents can support learning	Monitor Show my Homework to support students with their organisation of homework. Support students with revision (flash cards, mind maps, questions etc) Encourage your child to remain physically active and attend PE extra curricular opportunities.

