

Subject: GCSE PE

Year group: 11

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...)	Socio-cultural Issues and Sports Psychology Socio-cultural Influences: 2.1.c - Ethical and socio-cultural issues in physical activity and sport 2.2 - Sports Psychology: -Characteristics of skillful movement -Classification of skills -Goal setting -Mental preparation	Socio-cultural Issues and Sports Psychology 2.2 - Sports Psychology: -Types of guidance -Types of feedback 2.3 - Health, Fitness and Well-being -Health, fitness and well-being -Diet and nutrition
Skills: (know how...)	-Recall key terms -Define key terms -Accurately place sporting skills on the skill classification continua -Apply knowledge to sporting examples	-Recall key terms -Define key terms -Analyse and evaluate nutritional choices -Apply knowledge to sporting examples

Key vocabulary	Socio-cultural Issues: Sportsmanship, gamesmanship, deviance, ethics, etiquette Sports Psychology: Efficient, pre-determined, coordinated, fluent, aesthetic, environmental, difficulty, SMART, motivation, adherence	Sports Psychology: Visual, verbal, manual, mechanical, intrinsic, extrinsic, positive, negative Health, Fitness and Well-being: Physical, mental, social, self-esteem, stress, balanced, carbohydrates, proteins, fats, fibre, minerals, vitamins, water, dehydration
Mid Term Assessment	End of topic tests	End of topic tests Practical Assessment
End Term Assessment	Combined topic test	Combined topic test Practical Assessment
	Spring 1	Spring 2

Content: (Know what...)	Analysis and Evaluation of Performance - Coursework 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 1.2.a - Components of fitness 1.2.b - Applying the principles of training 1.2.c - Preventing injury in physical activity and training 2.2 -Classification of skills 2.2 -Goal setting	Exam Preparation
Skills: (Know how...)	Analyse and evaluate their own performance, or that of a peer, in an assessed sport. Provide an action plan to improve the quality and effectiveness of performance, based on the weaknesses identified through the evaluation.	-Answer a range of multiple choice, short, medium and long answer exam questions -Apply knowledge to practical/sporting examples

Key vocabulary	Applied Anatomy & Physiology: Articulating, antagonistic, agonist, antagonist, fixator, synovial, levers, planes, axes 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 Sports Psychology: Environmental, difficulty, SMART	Applied Anatomy & Physiology: Articulating, antagonistic, agonist, antagonist, fixator, synovial, levers, planes, axes, cardiac, respiratory, gas exchange, inspiration, expiration, mechanics, alveoli, aerobic, anaerobic, hypertrophy, vascular Physical Training: Cardiovascular endurance, muscular endurance, speed, strength, power, flexibility, agility, balance, co-ordination, reaction time, pecificity, overload, progression, reversibility, frequency, intensity, time, type, warm-up, cool-down, hazard, risk, PPE Socio-cultural Influences: Engagement, discrimination, stereotypes, participation, trends, golden triangle, commercialisation, sponsorship, media, sportsmanship, gamesmanship, deviance, ethics, etiquette Sports Psychology: Efficient, pre-determined, coordinated, fluent, aesthetic, environmental, difficulty, SMART, motivation, adherence, visual, verbal, manual, mechanical, intrinsic, extrinsic, positive, negative Health, Fitness and Well-being: Physical, mental, social, self-esteem, stress, balanced, carbohydrates, proteins, fats, fibre, minerals, vitamins, water, dehydration
Mid Term Assessment	Practice Practical Moderation Practical Assessment	Full PPE
End Term Assessment	Coursework Assessment Practical Assessment	Full PPE
	Summer 1	Summer 2

Content: (Know what...)	Exam Preparation	Exam Preparation
Skills: (Know how...)	-Answer a range of multiple choice, short, medium and long answer exam questions -Apply knowledge to practical/sporting examples	-Answer a range of multiple choice, short, medium and long answer exam questions -Apply knowledge to practical/sporting examples
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Mid Term Assessment	Exam	Exam
End Term Assessment	Exam	Exam
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.	

