


**SUBJECT: GCSE PE:**

Year Group	<b>YEAR 10</b>					
<b>Rationale</b>	Studying GCSE (9–1) PE opens students' eyes to the amazing world of sports performance. Not only do they have the chance to perform in three different sports through the Non Exam Assessment component, they can also develop wide-ranging knowledge into the how and why of physical activity and sport. The combination of physical performance and academic challenge provides an exciting opportunity for your students. They can perform, and then through the academic study learn how to improve their performance through application of the theory.					
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<b>Topic/Unit</b>	<b>Component 03: Performance in Physical Education (NEA)</b>	<b>Component 03: Performance in Physical Education (NEA)</b>	<b>Component 03: Performance in Physical Education (NEA)</b>	<b>Component 03: Performance in Physical Education (NEA)</b>	<b>Component 03: Performance in Physical Education (NEA)</b>	<b>Component 03: Performance in Physical Education (NEA)</b>
	<b>Component 01: Physical factors affecting performance</b>	<b>Component 01: Physical factors affecting performance</b>	<b>Component 03: Performance in Physical Education (NEA)</b>	<b>Component 02: Socio-cultural issues and sports psychology</b>	<b>Component 01: Physical factors affecting performance</b>	<b>Component 03: Performance in Physical Education (NEA)</b>
	Applied Anatomy and physiology 1.1	Applied Anatomy and physiology 1.1	<b>Component 02: Socio-cultural issues and sports psychology</b>  Socio-cultural influences 2.1	Socio-cultural influences 2.1	Physical training 1.2	<b>Component 01: Physical factors affecting performance</b>  Physical training 1.2
<b>Knowledge</b>	Team/Individual Practical Sports (3.1)	Team/Individual Practical Sports (3.1)	Team/Individual Practical Sports (3.1)	AEP – Section 3 (3.2)	AEP – Section 4 (3.2)  AEP – Section 5b (3.2)	Team/Individual Practical Sports (3.1)
	Structure and function of the Skeletal system (1.1a)	Structure and function of the muscular system (1.1b)  Movement analysis (1.1c)	AEP – Section 5a (3.2)  Engagement patterns (2.1a)	Commercialisation (2.1b)  Ethical and socio-cultural issues (2.1c)	Components of fitness (1.2a)	AEP – Section 6 (3.2)  Applying principles of training (1.2b)
<b>Skills</b>	<b>ACQUIRE, DEVELOP &amp; APPLY</b>	<b>ACQUIRE, DEVELOP &amp; APPLY</b>	<b>ACQUIRE, DEVELOP &amp; APPLY</b>	<b>UNDERSTAND, EXPLAIN &amp; EVALUATE</b>	<b>UNDERSTAND, EXPLAIN &amp; EVALUATE</b>	<b>ACQUIRE, DEVELOP &amp; APPLY</b>
	<ul style="list-style-type: none"> <li>▪ Range of skills</li> <li>▪ Quality of skills</li> <li>▪ Decision making</li> <li>▪ Physical attributes</li> </ul>	<ul style="list-style-type: none"> <li>▪ Range of skills</li> <li>▪ Quality of skills</li> <li>▪ Decision making</li> <li>▪ Physical attributes</li> </ul>	<ul style="list-style-type: none"> <li>▪ Range of skills</li> <li>▪ Quality of skills</li> <li>▪ Decision making</li> <li>▪ Physical attributes</li> </ul>	<ul style="list-style-type: none"> <li>▪ Overview of key skills</li> </ul>	<ul style="list-style-type: none"> <li>▪ Assessment of Strengths and weaknesses</li> <li>▪ Skill classification</li> </ul>	<ul style="list-style-type: none"> <li>▪ Range of skills</li> <li>▪ Quality of skills</li> <li>▪ Decision making</li> <li>▪ Physical attributes</li> </ul>



<b>Skills</b>	<b>UNDERSTAND IDENTIFY &amp; EXPLAIN</b> <ul style="list-style-type: none"> <li>▪ Location of major bones</li> <li>▪ Functions of the skeleton</li> <li>▪ Types of synovial joint</li> <li>▪ Types of movement at hinge joints and ball and socket joints</li> <li>▪ Other components of joints</li> </ul>	<b>UNDERSTAND IDENTIFY &amp; EXPLAIN</b> <ul style="list-style-type: none"> <li>▪ Location of major muscle groups</li> <li>▪ The roles of muscle in movement</li> <li>▪ Lever systems</li> <li>▪ Planes of movement and axes of rotation</li> </ul>	<b>UNDERSTAND IDENTIFY &amp; DESCRIBE</b> Movement Analysis <b>UNDERSTAND IDENTIFY &amp; INTERPRET</b> <ul style="list-style-type: none"> <li>▪ Physical activity and sport in the UK</li> <li>▪ Participation in physical activity and sport</li> </ul>	<b>UNDERSTAND, IDENTIFY &amp; EXPLAIN</b> <ul style="list-style-type: none"> <li>▪ Commercialisation of sport</li> <li>▪ Ethics in sport</li> <li>▪ Drugs in sport</li> <li>▪ Violence in sport</li> </ul>	<b>UNDERSTAND DESCRIBE, LINK &amp; INTERPRET</b> <ul style="list-style-type: none"> <li>▪ Individual components of fitness</li> <li>▪ Interpret data</li> </ul>	<b>UNDERSTAND EXPLAIN &amp; APPLY</b> Action plan (SMART) <b>UNDERSTAND IDENTIFY &amp; EXPLAIN</b> <ul style="list-style-type: none"> <li>• Principles of training</li> <li>• Optimising training</li> </ul>
	<b>Assess-ments</b>	Internal assessment out of 20 marks	Internal assessment out of 20 marks	Internal assessment out of 20 marks	Internal assessment out of 20 marks	Internal assessment out of 20 marks
	Internal assessment cumulative written test	Internal assessment cumulative written test	Internal assessment out of 20 marks Internal assessment cumulative written test	Internal assessment cumulative written test	Internal assessment cumulative written test	Internal assessment out of 20 marks Internal assessment cumulative written test