



SUBJECT: GCSE PE

Year Group:	YEAR 11				
Rationale:	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
Topic/Unit	Component 03: Performance in physical education (NEA)	Component 03: Performance in physical education (NEA)	Component 03: Performance in physical education (NEA)	Component 03: Performance in physical education (NEA)	
	Component 02: Socio-cultural issues and sports psychology Sports psychology 2.2	Component 01: Physical factors affecting performance Applied Anatomy and physiology 1.1	Component 01: Physical factors affecting performance Physical training 1.2	Component 01: Physical factors affecting performance	
			Component 02: Socio-cultural issues and sports psychology Health, fitness and well-being 2.3	Component 02: Socio-cultural issues and sports psychology	
Knowledge	Team/Individual Practical Sports (3.1)	Team/Individual Practical Sports (3.1)	Team/Individual Practical Sports (3.1)	NEA – Practical Moderation (3.1)	
	Sports psychology (2.2)	Cardio-Respiratory system (1.1d) Effects of exercise (1.1e)	Preventing injury (1.3c) Health, Fitness and well-being (2.3)	Revision (1.1 to 1.3) Revision (2.1 to 2.3)	
Skills	ACQUIRE, DEVELOP & APPLY •Range of skills •Quality of skills •Decision making •Physical attributes	ACQUIRE, DEVELOP & APPLY •Range of skills •Quality of skills •Decision making •Physical attributes	ACQUIRE, DEVELOP & APPLY •Range of skills •Quality of skills •Decision making •Physical attributes	ACQUIRE, DEVELOP & APPLY •Range of skills •Quality of skills •Decision making •Physical attributes	
	UNDERSTAND, IDENTIFY & EXPLAIN •Characteristics of skilful movement •Classification of skills •Goal setting •Mental preparation •Types of guidance •Types of feedback	UNDERSTAND, IDENTIFY & EXPLAIN •Structure and function of the cardiovascular system •Structure and function of the respiratory system •Aerobic and anaerobic exercise •Short-term effects of exercise •Long-term (training) effects of exercise	UNDERSTAND, IDENTIFY & EXPLAIN •Preventing injury in physical activity and training UNDERSTAND, IDENTIFY & EXPLAIN •Health, fitness and well-being •Diet and nutrition	•REVISION TECHNIQUES •EXAM TECHNIQUES •RETRIEVAL PRACTICE •INTERLEAVING AND SPACING TECHNIQUES •REVISION TECHNIQUES •EXAM TECHNIQUES •RETRIEVAL PRACTICE •INTERLEAVING AND SPACING TECHNIQUES	



Assess-ments	Internal assessment out of 20 marks	Internal assessment out of 20 marks	Internal assessment out of 20 marks	Externally moderated by OCR	
	Internal assessment cumulative written test	Internal assessment cumulative written test	Internal assessment cumulative written test	Internal assessment cumulative written tests	
			Internal assessment cumulative written test	Internal assessment cumulative written test	