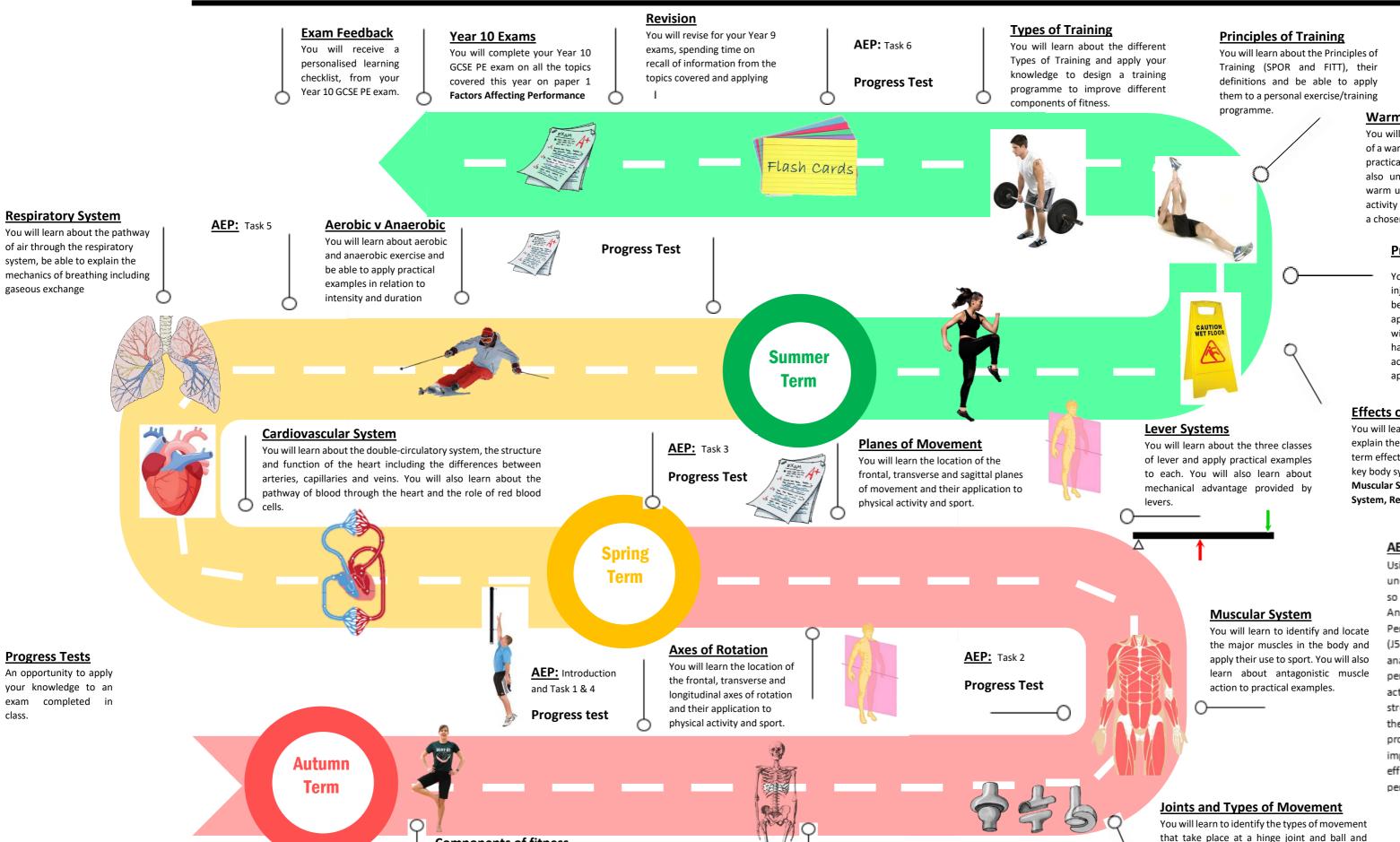


Your GCSE course starts here...

St Peter's Catholic High School Physical Education

Year 10 OCR GCSE - Curriculum Map





Skeletal System

functions of the skeleton.

You will learn to identify and locate the

major bones in the body and to

understand and apply examples of the

Components of fitness

You will develop your knowledge of understanding of the

components of the components of fitness, be able to define

them and apply them to a range of practical examples from

physical activities and sport. You will be able to collect and

use data related to the components of fitness.

Warm up and Cool down

You will learn about the components of a warm up and cool down, applying practical examples to both. You will also understand the benefits of a warm up and cool down on physical activity whilst designing your own for a chosen sport.

Prevention of Injury

You will learn how the risk of injury in physical activity can be minimised and be able to apply practical examples. You will also identify the potential hazards in a range of physical activity and sports setting. applying examples.

Effects of Exercise

You will learn to describe and explain the short term and longterm effects of exercise on the key body systems including, Muscular System, Cardiovascular System, Respiratory System

socket joint. You will also be able to explain the

role of cartilage, ligaments, tendons, synovial

membrane, and synovial fluid.

Using the knowledge and understanding of the course so far, you will complete the Analysing and Evaluating Performance (AEP) task (J587/03). This involves analysing aspects of personal performance in a practical activity, evaluating the strengths and weaknesses of performance quality effectiveness performance

St Peter's Catholic High School Physical Education



A Career in sport e.g. Physiotherapist, PE teacher; sport scientist.

Participation in Physical Activity and Sport

You will understand how different factors affect participation

including: age, gender, ethnicity, religion, family, education,

work, income, disability, access, discrimination, environment,

media and role models. Understand strategies to improve O

Year 11 GCSE - Curriculum Map



University to study a sports science/ sports degree.

A career in sport e.g. coaching, strength and conditioning.

Jobs in Sport

Use your GCSE and sport experience to gain employment in a sports setting, alongside your studies. e.g. leisure centre, coaching, refereeing.

Local Sixth Form

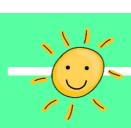
Start courses in A level Physical Education or BTEC Sport at one of our local colleges

Results Day

Find out how you did in your exams.

Summer Holiday

Enjoy one of the longest summers off and keep playing



Revision

You will revise for your Year 11 mock exam, spending time on recall of information from paper 1: Physical Factors Affecting Performance and applying knowledge to exam questions.

February Mock J587/01/02

You will complete a mock exam on Paper 1 & 2

Spring

Term

Revision techniques

You will apply different revision techniques to find the best method of revision for



FINISH

J587/01

J587/02

Psychology.

You will sit paper 1: Physical **Factors Affecting** Performance.

You will sit paper 2: Socio-

cultural Issues and Sports



Diet & Nutrition

You will learn the definition and components of a balanced diet along with understanding the effect of diet and hydration on energy use in physical activity. You will also be able to apply

Health, Fitness and Wellbeing

You will learn what is meant by health, fitness and well-being and understand the physical, emotional and social benefits of physical activity along with the consequences of a sedentary lifestyle. You will be able to apply these to different age groups and interpret associated data.

Summer Term

Commercialisation

You will learn to identify different types of media (social, internet, TV, Newspapers) and learn the meaning of commercialism. You will be able to explain the relationship between sport, sponsorship and the media.

Violence in Sport

You will learn and understand the reasons for player violence and be able to apply practical examples of violence in sport.

practical examples to these concepts.

You will receive a personalised learning

checklist, (QLA) from your J587/01 and

Sport Psychology GCSE PE exams.

Ethics in Sport

Exam Feedback



participation

Characteristics of Skill

You will learn the definition of motor skills, understand and be able to apply practical examples of the characteristics of skilful movement.

Goal Setting

Goals

You will be able to apply examples of the use of goal setting along with understanding and applying the SMART principle to optimise performance.

Drugs in Sport

You will learn and understand the reasons sports performers use PEDs as well as the types of drugs, examples and their effect on performance.



Flash Cards

J587/02

You will learn and understand the value of sportsmanship, the

reasons for gamesmanship and deviance and be able to apply

You will sit paper 2: Sports You will complete a mock exam: **Physical Factors Affecting** Psychology.

Autumn **Term**

Your GCSE course continues here...

You will learn about the used

Mental Preparation

You will learn about the four types of mental preparation and be able to apply practical examples to each. You will be able explain the effects and benefits of mental preparation.

Types of Guidance

You will learn about the different types of guidance (visual, verbal, manual and mechanical) along with their advantages and disadvantages, plus practical examples for each.

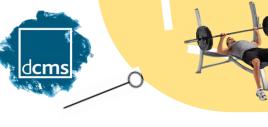
Revision for November Mock exams

You will to apply your knowledge to exam

Types of Feedback

Performance

You will learn and understand the different types of feedback and be able to apply practical examples to their use.





participation in physical activity and sport using different sources including Sport England, NGBs and the Department of Culture, Media and Sport (DCMS).

Classification of Skills

classification of skills and be able to apply practical examples with justification for their placement on the continua.