

Subject Yearly Overview 2022-2023

Subject: OCR PE (GCSE) Year 10	TOPIC	COMPONENT	<i>Notes: Why are you delivering this topic at this time of year?</i>
Autumn 1	(2.3) Health, Fitness and well-being Practical Performances	Develop knowledge surrounding health, fitness and wellbeing and how it relates to sport/ physical activity. Explore how living a healthy lifestyle will benefit/ impact sporting performance. Understand impact of diet and nutrition on performance and their own lifestyle.	Develop basic awareness of importance of exercise and physical activity.
Autumn 2	(1.2) Physical Training Practical Performances/ Fitness testing	Learn about the components of fitness required for physical activities, and how they can be measured. Begin to explore training principles to personal exercise training to improve fitness/ performance.	Apply knowledge of benefits of exercise, developing range of vocabulary relating to methods of training in sport.
Spring 1 <i>Changed to Physical Training- Due to missed lesson and required to cover content.</i>	(2.2) Sports Psychology Practical Performance	Develop knowledge and understanding of skill classification and characteristics of skills movements.	Begin to classify skills students use in practical performance. Be able to use key words when evaluating performance.
Spring 2 <i>Changed to Sports Psychology- Due to missed lesson and required to cover content.</i>	(1.1) Applied Anatomy and physiology.	Learn basic knowledge of structures and functions of body systems that are important to physical activities. Including short/ long term effects of exercise on these systems, including how they impact performance. Explore movement analysis and the impact on performance.	Use the knowledge about muscles, movement and impact of exercise on body systems to support discussion in practical lessons when evaluating performances or movement.
Summer 1	Analysis and Evaluation of Performance (AEP).	Begin to evaluate their own performance, create a basic structure to begin their coursework for the course.	
Summer 2	Analysis and Evaluation of Performance Practical Performances	Expand on the start of their own analysis of performance. Draw upon knowledge learnt from the course so far to complete a analysis and evaluation of their own sporting performance.	Begin to use content covered to start their coursework required for the GCSE.