

Subject Yearly Overview 2025-2026

| Subject: OCR PE (GCSE) Year 10 | TOPIC | COMPONENT | <i>Notes: Why are you delivering this topic at this time of year?</i> |
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| Autumn 1 | 1.1: Structure and functions of the musculoskeletal system. Practical Activity: Football | 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. Learners are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions. | Use the knowledge about skeleton, muscles, movement and impact of exercise on body systems to support discussion in practical lessons when evaluating performances or movement. Grasp pupils motivation and enthusiasm at the beginning of the course. |
| Autumn 2 | 1.1: Structure and functions of the musculoskeletal system cont'd. 1.2: The structure and functions of the cardio-respiratory system. Practical Activity: Basketball | 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. Functions, structure and mechanisms of the cardiovascular system and how this can impact performance. Knowledge of the blood vessels, gaseous exchange and other factor that affect the 'athlete'. Learners are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions. | Use the knowledge about muscles, movement and impact of exercise on body systems to support discussion in practical lessons when evaluating performances or movement. Continuation of invasion games to build on teamwork. |

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| <p>Spring 1</p> | <p>1.3: The structure and functions of the cardio-respiratory system cont'd.</p> <p>1.4: Short and Long-Term effects of exercise.</p> <p>Practical: Table Tennis / Trampolining.</p> | <p>Functions, structure and mechanisms of the cardiovascular system and how this can impact performance. Knowledge of the blood vessels, gaseous exchange and other factor that affect the 'athlete'.</p> <p>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.</p> <p>Learners are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.</p> | <p>Use the knowledge about muscles, movement and impact of exercise on body systems to support discussion in practical lessons when evaluating performances or movement.</p> <p>In preparation of Entry Level PE qualification.</p> <p>Develop individual skills and routines in preparation for assessment.</p> |
| <p>Spring 2</p> | <p>3.1: Physical Training: The relationship between health and fitness and the role that exercise plays in plays.</p> <p>Practical Activity: Practical Assessments</p> | <p>Definitions of fitness, health, exercise and performance and the relationship between them.</p> <p>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.</p> <p>Learners are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.</p> <p>Assessment footage taken under exam conditions.</p> | <p>Apply knowledge of benefits of exercise, developing range of vocabulary relating to methods of training in sport.</p> <p>Practical assessment of PE activities for Entry Level.</p> <p>Meet the deadlines of submission.</p> |

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| Summer 1 | 3.2: Physical Training (cont'd): Components of fitness, benefits for sport and how fitness is measured and improved Practical Activity: Table Tennis | 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. |
| Summer 2 | 3.3: Principles of training and their application to personal exercise / training programmes. Practical Activity: PEP training | Planning training using the principles of training: individual needs, specificity progressive overload etc. Max heart rate formulas to come into play and the effect it has on the training plan. | Student carry out their 6 week training plan. |
| Y11 2025/26 | TOPIC | COMPONENT | Notes: Why are you delivering this topic at this time of year? |
| Autumn 1 | (2.1) Socio-cultural influences (cont'd) (4) Practical Activity: Football | Explore engagement patterns of different social groups in physical activities/ sports. Develop knowledge about commercialisation of sport/ physical activity. Develop knowledge about ethical and socio-cultural issues in sport/ physical activity. Learners are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions. | Content is not as intense as previous topics, students are more likely to recall information during discussions. |
| Autumn 2 | (2.2) Sports Psychology (4) Practical Performance | Develop knowledge and understanding of skill classification and characteristics of skills movements. Basketball: Develop deeper knowledge of attacking and defensive plays. | Begin to classify skills students use in practical performance. Be able to use key words when evaluating performance. |

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| <p>Spring 1</p> | <p>(2.3) Health, Fitness and well-being</p> <p>(4) Practical Activity: Trampoline</p> | <p>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.</p> <p>Learners are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.</p> | <p>Develop basic awareness of importance of exercise and physical activity.</p> <p>Trampoline: pupils to hone their trampoline skills and routine for practical assessment</p> |
| <p>Spring 2</p> | <p>(2.3) Health, Fitness and well-being (cont'd)</p> <p>Practical Performance Assessment</p> | <p>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.</p> <p>Assessment footage taken under exam conditions.</p> | <p>Develop basic awareness of importance of exercise and physical activity.</p> <p>Ready assessment footage for moderation.</p> |
| <p>Summer 1</p> | <p>Revision</p> | | |