

Subject Yearly Overview 2025-2026

Subject: Yr11 OCR GCSE PE	TOPIC	COMPONENT	<i>Notes: Why are you delivering this topic at this time of year?</i>
Autumn 1	Applied anatomy and physiology (1.1) (cont/d)	<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>	Use the knowledge about muscles, movement and impact of exercise on body systems to support discussion in practical lessons when evaluating performances or movement.
Autumn 2	(1.1) Applied Anatomy and physiology.	<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>	Apply knowledge of benefits of exercise, developing range of vocabulary relating to methods of training in sport.
Spring 1	Physical Training (1.2) Analysis and Evaluation of performance (AEP) AEP- Coursework completion	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.	To complete the pupils AEP coursework in preparation for their final year.

Spring 2	Socio-cultural influences (2.1) Practical Performance Assessment	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.
Summer 1	Revision/ Exam preparation Unit specific revision/ Exam preparation	Reflect on the course, and revise various pieces of content to provide appropriate information/ missing knowledge for students in preparation for the exam.	Prepare and support students for their exams.
Summer 2			