

GCSE PHYSICAL EDUCATION

Year 10 - Paper 2

TERM 1 content and skills	TERM 2 content and skills	TERM 3 content and skills	EXTENDED CURRICULUM
<p><i>Socio-Cultural influences - learners will develop their knowledge and understanding of the factors that continue to impact on physical activities and sports in the UK today.</i></p> <ul style="list-style-type: none"> - Physical Activity including NGBs and DCMS. - Different factors that affect participation - Commercialisation of sport. 	<p><i>Ethical and Social Cultural Issues in PA and Sport. Learners will develop their knowledge and understanding of ethics in sport, including a range of key terms.</i></p> <ul style="list-style-type: none"> - Ethics in sport such as sportsmanship and gamesmanship - Drugs in sport, what are the effects on performance and health. - Violence in sport, know, explain and give practical examples of violence in sport. 	<p><i>Sport Psychology and Health and Fitness. Learners will understand the different psychological factors that underpin performance. Alongside this, learners will look at the benefits of physical activity including the physical, social and mental aspects.</i></p> <ul style="list-style-type: none"> - What is skill - characteristics and classifications - Goal setting, what are SMART targets. - Mental preparation techniques to prepare for sports. - What is health, fitness and wellbeing? - Diet and nutrition - what makes up a healthy plate and how can we fuel for performance? 	<p>Students will be encouraged to attend extra-curricular clubs to develop their skills and tactical awareness in their chosen sports. Alongside this there will be a variety of GCSE practical fixtures against other schools for pupils to gain valuable competitive evidence to support their practical grade.</p> <p>We are run a weekly catch up session for pupils o receive additional support with classwork and homework, this is a voluntary drop in session that doubles up as exam prep before formative assessments.</p>

Assessment:

There are a variety of summative and formative assessment methods throughout the course that focus on both the theoretical and practical elements of the course. At the end of each topic area pupils will sit an end of topic test, this often falls towards the end of each half term but is not fixed to that date. Pupils are also assessed on their practical ability, this is ongoing during each practical lesson and culminates in a moderation style assessment lesson at the end of the term. Towards the end of Year 10 pupils will complete a moch paper that covers all content covered in Year 10.

GCSE PHYSICAL EDUCATION

Year 11 - Paper 1

TERM 1 content and skills	TERM 2 content and skills	TERM 3 content and skills	EXTENDED CURRICULUM
<p><i>Applied Anatomy and Physiology - learners will develop knowledge and understanding of the basic structures and body systems that are particularly important to physical activity and sport.</i></p> <p>The Skeletal System - Major bones, functions, synovial joints and types of movement.</p> <p>The Muscular System - Name and location, role of muscles in movement.</p> <p>Movement Analysis - The three different lever systems and the planes and axes of rotation.</p>	<p>The Cardiovascular system - The structure and function including the double circulatory system, blood vessels, pathway of blood through the heart, and definitions of key terms.</p> <p>The Respiratory System - The pathway of oxygen through the respiratory system, the role of the respiratory muscles during breathing, the key terms and definitions, a comprehensive understanding of gaseous exchange.</p> <p>Anaerobic and Anaerobic Exercise - definitions and formulas as well as being to apply to practical examples.</p> <p>The short- and long-term effects of exercise - Understand the acute and chronic responses and apply to practical scenarios.</p>	<p><i>Physical Training - Pupils will develop their knowledge and understanding of the components of fitness required for physical activities and sports.</i></p> <p>Components of fitness - be able to define, apply and state a suitable test for all components of fitness.</p> <p>Principles of training - know the definitions of each principle and apply them directly to training programmes.</p> <p>Optimising training - understand the different methods of training and the impact of mobility, warmups, cool downs.</p> <p><i>Learners will further their knowledge of how to prevent injury and how to identify potential hazards.</i></p> <p>Prevention of injury - PPE, level of competition, hazards, risks, facilities.</p>	<p>Students will be encouraged to attend extra-curricular clubs to develop their skills and tactical awareness in their chosen sports. Alongside this there will be a variety of GCSE practical fixtures against other schools for pupils to gain valuable competitive evidence to support their practical grade.</p> <p>We run a weekly catch up session for pupils to receive additional support with classwork and homework, this is a voluntary drop in session that doubles up as exam prep before formative assessments.</p>

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