

Overview:

The GCSE PE course has been designed to build on knowledge and experience of PE and sport from Key Stage 3 and develop knowledge and understanding to help prepare students for further study of Sport at Level 3 or A Level. In practical lessons students choose to develop more complex skills, tactics and understanding in specialist sports with increasing challenge. In theory lessons students build on their knowledge of fitness testing and training from core PE (Year 8/9) and acquire new knowledge about the fundamental psychological aspects of sports performance and learning sports skills.

Careers in the Curriculum:

The topics covered will highlight links to careers in sports science.

Term	Topic	Assessment
Aut1	Theory: Green 3.1: Health & fitness Green 3.2: Components of fitness, measuring fitness components, data collection, reasons for and limitations of fitness testing Practical: Netball or football	<ul style="list-style-type: none"> Coursework Tasks 1a and 1b: Analysis of Fitness
Aut2	Theory: Green 3.3: Types of training, advantages and disadvantages of different types of training Green 3.4: Calculating HR intensities, considerations to prevent injury Green 3.5: Warming up and cooling down Green 4.0: Use of data Practical: Netball or football (plus an optional 2 day rock climbing course)	<ul style="list-style-type: none"> Coursework Tasks 2a-2d: Evaluation of Fitness Year 10 Assessment 1 Practical Assessment: Skills (/10), full context (/15)
Spr1	Theory: Green 3.3: Principles of training Green 3.4: High altitude training, seasonal aspects Green 1.4: Long-term effects of exercise Blue 1.1: Classification of skills Blue 1.2: Goal setting Practical: Hockey or handball	<ul style="list-style-type: none"> Coursework Tasks 2e-2g: Evaluation of Fitness
Spr2	Theory: Blue 1.3: Information processing Blue 1.4: Feedback, guidance Practical: Hockey or handball	<ul style="list-style-type: none"> Coursework Tasks 3a and 3b: Analysis of Skills Year 10 Assessment 2 Practical Assessment: Skills (/10), full context (/15)
Sum1	Theory: Blue 1.5: Arousal and inverted U theory, stress management techniques, aggression, personality types, motivation Practical: Athletics	<ul style="list-style-type: none"> Coursework Task 4: Evaluation of Skills Year 10 PPE
Sum2	Theory: Blue 2.1: Engagement patterns of different social groups Blue 2.2: Commercialisation Blue 2.3: Conduct of performers, performance enhancing drugs, spectator behaviour and hooliganism Practical: Athletics	<ul style="list-style-type: none"> Extended response question on Paper 2 (blue) topic area. Practical Assessment: Skills (/10), full context (/15)

Overview:

The GCSE PE course has been designed to build on knowledge and experience of PE and sport from Key Stage 3 and develop knowledge and understanding to help prepare students for further study of Sport at Level 3 or A Level. In practical lessons students continue to specialise in their chosen sports developing more complex techniques and tactical understanding. In theory lessons students develop a more complex understanding of how the human body works during exercise, with an increasing demand to develop more specialist tier 3 vocabulary.

Careers in the Curriculum:

The topics covered will highlight links to careers in sports science.

Term	Topic	Assessment
Aut1	Theory: Blue 3.1: Physical, emotional & social health Blue 3.2: Consequences of a sedentary lifestyle, obesity, somatotypes Blue 3.3: Energy use, diet, nutrition and hydration Practical: Netball or football	<ul style="list-style-type: none"> Year 11 Assessment 1
Aut2	Theory: Green 1.1: Skeletal system, types of joints, types of movement, muscular system Green 1.2: Cardiovascular system, mechanics of breathing, pathway of air Practical: Netball or football	<ul style="list-style-type: none"> Extended response question on Paper 1 (green) topic area
Spr1	Theory: Green 1.3: Aerobic and anaerobic exercise Green 1.4: Effects of exercise Green 2.1: Lever systems Green 2.2: Planes and axes of movement Practical: Hockey or handball	<ul style="list-style-type: none"> Year 11 PPE Final practical moderation
Spr2	Revision and exam preparation for: <ul style="list-style-type: none"> Paper 1 (Green) Paper 2 (Blue) 	<ul style="list-style-type: none"> Extended response question from Paper 2 (blue) topic area
Sum1	Revision and exam preparation for: <ul style="list-style-type: none"> Paper 1 (Green) Paper 2 (Blue) 	<ul style="list-style-type: none"> Extended response question on Paper 1 (green) topic area
Sum2	Exam preparation and revision	