

Brief overview

Our Year 10 GCSE PE students will build upon the practical skills acquired throughout Key Stage 3 PE lessons and apply these to competitive situations in a variety of sports. A combination of skills in isolation and also in game situations will be how each activity is assessed. Theory lessons will mainly focus on Component 1, titled Fitness and Body Systems. Students will develop their knowledge on applied anatomy and physiology as well as physical training so that they can evaluate performance. In the summer term, students will begin their Personal Exercise Programme (PEP) whereby an analysis of their own fitness and performance will be undertaken and improved over time with a view to improving sporting performance in a chosen activity.

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Component 1 Topic 1.1 - The structure and functions of the musculo-skeletal system Component 3 - Netball	Component 1 Topic 1.2 - The structure and functions of the cardio-respiratory system	Component 1 Topics 1.3/1.4 - Anaerobic and aerobic exercise (1.3); Short and long-term effects of exercise (1.4) Component 3 – Table tennis	Component 1 Topics 3.1/3.2/3.3 - Relationship between health and fitness (3.1); Components of fitness (3.2); Principles of training (3.3) Component 3 - Football	Component 2 Topic 2.2 – Goal setting; SMART Component 1 Topics 3.5/3.6 - How to optimise training and prevent injury (3.5); Effective use of warm up and cool down (3.6) Component 2 Topic 3.3 – Ethical and socio-cultural issues in physical activity and sport	Component 3 – Athletics Component 4 – Aim and planning analysis
Big question/ core concept	<ul style="list-style-type: none"> How our bones and muscles can impact sporting performance Maximising practical performance in netball 	<ul style="list-style-type: none"> How our heart and lungs can impact sporting performance Impact of exercise on our heart and lungs 	<ul style="list-style-type: none"> How is energy produced? Links between exercise intensity and energy output Maximising practical performance in table tennis 	<ul style="list-style-type: none"> Different sports demand different components of fitness How to train effectively Maximising practical performance in football 	<ul style="list-style-type: none"> Motivating ourselves How do we help prevent injuries in sport? Why might competitors choose to cheat in elite sport? 	<ul style="list-style-type: none"> Maximising practical performance in athletics What are my strengths and weaknesses regarding fitness?
Knowing	<ul style="list-style-type: none"> Functions of the skeleton Classification of bones and joints Bone structure Movement at joints Ligaments and tendons Muscle types Location of muscles Antagonistic pairs Muscle fibres How the skeletal and muscular systems work together 	<ul style="list-style-type: none"> Functions and structure of the cardiovascular system Arteries, capillaries and veins Redistribution of blood flow Red and white blood cells, platelets and plasma Composition of air Vital capacity and tidal volume Main components of the respiratory system Structure of alveoli How the cardiovascular and respiratory systems work together 	<ul style="list-style-type: none"> Aerobic respiration Anaerobic respiration Energy sources Short-term effects of exercise on lactate accumulation and muscle fatigue Short-term effects of exercise on heart rate, stroke volume and cardiac output Short-term effects of exercise on depth and rate of breathing Long-term effects of exercise on the body systems 	<ul style="list-style-type: none"> Definitions of fitness, health, exercise and performance Components of fitness and the relative importance of these in sport Value of fitness testing Fitness tests for specific components of fitness Principles of training Factors to consider when deciding the most appropriate training methods and training intensities Training methods and fitness classes 	<ul style="list-style-type: none"> Use of goal setting to improve performance Principles of SMART targets Setting and reviewing targets Use of a PAR-Q Injury prevention Types of injury RICE Performance-enhancing drugs Purpose of warm-ups and cool downs Phases of a warm-up Activities for warm-ups and cool downs Relationship between commercialisation, the media and sport Advantages and disadvantages of commercialisation for: the sponsor, the sport, the player/performer, the spectator Sportsmanship, gamesmanship and deviance 	
Applying	<ul style="list-style-type: none"> Demonstrate knowledge of the factors that underpin performance and involvement in physical activity and sport Applying knowledge through sporting examples Evaluate factors that impact on performance Interpretation and analysis of graphical representation of data Applying skills from an isolated practice effectively into competitive practical situations 	<ul style="list-style-type: none"> Demonstrate knowledge of the factors that underpin performance and involvement in physical activity and sport Applying knowledge through sporting examples Evaluate factors that impact on performance Interpretation and analysis of graphical representation of data 	<ul style="list-style-type: none"> Demonstrate knowledge of the factors that underpin performance and involvement in physical activity and sport Applying knowledge through sporting examples Evaluate factors that impact on performance Interpretation and analysis of graphical representation of data Applying skills from an isolated practice effectively into competitive practical situations 	<ul style="list-style-type: none"> Analysis of fitness test results and comparisons to normative data Demonstrate knowledge of the factors that underpin performance and involvement in physical activity and sport Applying knowledge through sporting examples Evaluate factors that impact on performance Interpretation and analysis of graphical representation of data Applying skills from an isolated practice effectively into competitive practical situations 	<ul style="list-style-type: none"> Demonstrate knowledge of the factors that underpin performance and involvement in physical activity and sport Applying knowledge through sporting examples Evaluate factors that impact on performance Interpretation and analysis of graphical representation of data 	<ul style="list-style-type: none"> Applying skills from an isolated practice effectively into competitive practical situations Running, throwing and jumping in competition with peers
Assessment	Components 1 and/or 2 (theory; 60% of overall grade): end of unit tests and formative assessment via tasks in all lessons. Component 3 (practical NEA; 30% of overall grade): activities marked out of 35 in line with Pearson Edexcel guidelines.	Components 1 and/or 2 (theory; 60% of overall grade): end of unit tests and formative assessment via tasks in all lessons.	Components 1 and/or 2 (theory; 60% of overall grade): end of unit tests and formative assessment via tasks in all lessons. Component 3 (practical NEA; 30% of overall grade): activities marked out of 35 in line with Pearson Edexcel guidelines.	Components 1 and/or 2 (theory; 60% of overall grade): end of unit tests and formative assessment via tasks in all lessons. Component 3 (practical NEA; 30% of overall grade): activities marked out of 35 in line with Pearson Edexcel guidelines.	End of Year 10 GCSE PE Exam (COMPONENTS 1, 2 & 3) Components 1 and/or 2 (theory; 60% of overall grade): end of unit tests and formative assessment via tasks in all lessons.	Component 3 (practical NEA; 30% of overall grade): activities marked out of 35 in line with Pearson Edexcel guidelines. Component 4 (written NEA; 10% of overall grade): PEP marked out of 20 in line with Pearson Edexcel guidelines.

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Theory lessons in Year 11 GCSE PE will mainly focus on Component 2, titled Health and Performance. Students will develop their knowledge on: health, fitness and well-being; sport psychology and also socio-cultural influences in sport. In practical lessons, students will look to maximise their NEA marks through the refining of practices that best demonstrate their skills in isolation as well as in competitive situations. Students will also finalise their Personal Exercise Programme (PEP) by monitoring and evaluating progress over time. The spring term will see students begin their final exam preparation for Components 1 and 2 via independent revision tasks and also exam-style questions from past papers that are specific to the Pearson Edexcel specification.							
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Unit title	Component 2 Topics 2.1/2.2 - Lever systems and mechanical advantage (2.1); Planes and axes of movement (2.2) Component 3 – Athletics Component 4 – Carrying out and monitoring the PEP	Component 2 Topics 1.1/1.2/1.3 - Physical, emotional and social health, fitness and well-being (1.1); The consequences of a sedentary lifestyle (1.2); Energy use, diet, nutrition and hydration (1.3) Component 4 – Evaluation of the PEP	Component 2 Topics 2.1/2.3/2.4 - Classification of skills (2.1); Guidance and feedback on performance (2.3); Mental preparation for performance (2.4)	Component 2 Topics 3.1/3.2 - Engagement patterns of different social groups in physical activity and sport (3.1); Commercialisation of physical activity and sport (3.2)	Components 1 & 2 – final exam preparation and revision		
Big question/ core concept	<ul style="list-style-type: none"> How does the body move? Efficiency of movement Maximising practical performance in athletics Why might training intensity change in my PEP? 	<ul style="list-style-type: none"> Health is not just physical Benefits of physical activity Impact of diet on health and sporting performance How do I know if my PEP was effective? 	<ul style="list-style-type: none"> Skills can be categorised Communication of instructions What can help improve performance? 	<ul style="list-style-type: none"> How personal factors can impact on sports participation Why is money involved so much in sport? 	<ul style="list-style-type: none"> How do I revise effectively? Self-assessment of all topics within Components 1 and 2 		
Knowing	<ul style="list-style-type: none"> First, second and third-class levers Mechanical advantage and disadvantage Movement patterns using body planes and axes Movement in the sagittal plane about the frontal axis when performing somersaults Movement in the frontal plane about the sagittal axis when performing cartwheels Movement in the transverse plane about the vertical axis when performing a full twist 	<ul style="list-style-type: none"> Physical, emotional and social health Impact of fitness on well-being Lifestyle choices Positive and negative impact of lifestyle choices A sedentary lifestyle and its consequences A balanced diet Role and importance of macronutrients and micronutrients Optimum weight Energy balance Hydration for physical activity 	<ul style="list-style-type: none"> Open and closed skills Basic and complex skills Low and high organisation skills Practice structures Visual, verbal, manual and mechanical guidance Advantages and disadvantages of each type of guidance Intrinsic, extrinsic, concurrent, terminal feedback Mental preparation for performance 	<ul style="list-style-type: none"> Participation rates in physical activity and sport Personal factors The relationship between commercialisation, the media and sport Advantages and disadvantages of commercialisation and the media 	<ul style="list-style-type: none"> Which topics to target based on previous assessments Re-call of key information across Components 1 and 2 How to access all levels within an extended answer question 		
Applying	<ul style="list-style-type: none"> Demonstrate knowledge of the factors that underpin performance and involvement in physical activity and sport Applying knowledge through sporting examples Evaluate factors that impact on performance Interpretation and analysis of graphical representation of data Applying skills from an isolated practice effectively into competitive practical situations 	<ul style="list-style-type: none"> Demonstrate knowledge of the factors that underpin performance and involvement in physical activity and sport Applying knowledge through sporting examples Evaluate factors that impact on performance Interpretation and analysis of graphical representation of data 	<ul style="list-style-type: none"> Demonstrate knowledge of the factors that underpin performance and involvement in physical activity and sport Applying knowledge through sporting examples Evaluate factors that impact on performance Interpretation and analysis of graphical representation of data 	<ul style="list-style-type: none"> Demonstrate knowledge of the factors that underpin performance and involvement in physical activity and sport Applying knowledge through sporting examples Evaluate factors that impact on performance Interpretation and analysis of graphical representation of data 	<ul style="list-style-type: none"> Demonstrate knowledge of the factors that underpin performance and involvement in physical activity and sport Applying knowledge through sporting examples Evaluate factors that impact on performance Interpretation and analysis of graphical representation of data 		
Assessment	Components 1 and/or 2 (theory; 60% of overall grade): end of unit tests and formative assessment via tasks in all lessons. Component 3 (practical NEA; 30% of overall grade): activities marked out of 35 in line with Pearson Edexcel guidelines. Component 4 (written NEA; 10% of overall grade): PEP marked out of 20 in line with Pearson Edexcel guidelines.	GCSE PE Mock Exam (ALL COMPONENTS) Components 1 and/or 2 (theory; 60% of overall grade): end of unit tests and formative assessment via tasks in all lessons. Component 4 (written NEA; 10% of overall grade): PEP marked out of 20 in line with Pearson Edexcel guidelines.	Components 1 and/or 2 (theory; 60% of overall grade): end of unit tests and formative assessment via tasks in all lessons.	Final GCSE PE exam dates: Component 3: TBC Component 4: NEA final submission is TBC Components 1 and/or 2 (theory; 60% of overall grade): end of unit tests and formative assessment via tasks in all lessons.	Final GCSE PE exam dates: Component 1: TBC Component 2: TBC		