



GCSE PE Curriculum 2 Year Plan

Subject Curriculum Intent:

This qualification is designed to equip students with the knowledge and understanding of how to develop their own performance in sport, analyse physical activity critically and apply their practical experiences to gain a deeper understanding of the subject. Whilst studying the anatomy and physiology of the human body, exploring the socio-cultural influences on sports participation and the benefits of physical activity for health and well-being.

This qualification follows the OCR GCSE PE Specification which can be found [here](#).

Students will be assessed in a practical lesson throughout the year and must perform effectively in different sports/activities by demonstrating skills and techniques and selecting appropriate tactics and strategies. All students must submit practical assessments in 3 sports/activities by February of their examination year. In addition to practical performances students will also be assessed in two examinations and one coursework focused on the Analysis and Evaluation of Performance (AEP).

Assessment and Feedback Opportunities:

Regular in class verbal feedback for both theory and practical lessons.
Topic tests and feedback sessions embedded into the curriculum plan.
Mini whiteboard activities.
Low risk starter test at the beginning of each theory lesson- peer and self marked.
Summative end of year assessments and mock examinations Question and Answer.
The Everlearner platform- Automatic feedback.

Prior Knowledge:

Key words cemented within KS3 Core PE lessons.
Healthy, active lifestyle benefits outlined in KS3 Core PE lessons and reinforced through enrichment/extra-curricular programme of activities
Heart rates and Recovery rates taught in KS3 Fitness unit of work
Benefits of warm-ups and cool downs PLUS body part names in all warmups and cool downs of KS3 Core PE lessons
Components of fitness in KS3 Core PE lessons.

Resources:

PowerPoints, Exercise Books, Text books, The Everlearner, Exam Questions, Past papers, Mark Schemes, Video Links, Diagrams, Student Starter Tests all to be found within google drive.

Development:

Literacy: Key word/glossary developments with SPAG embedded within PE Theory. Extended writing development through exam-style questions.

Numeracy: Calculating MHR and minute volume / interpreting and analysing graphs & normative data / monitoring changes in Pulse Rate / Calculating Aerobic + Anaerobic training thresholds

Spiritual, Moral, Social and Cultural: Support students with their personal and social development through the adoption of different roles in selected activities and working with others demonstrating cooperation, leadership skills, social skills, resolving conflict within their sports teams or theory groups and respecting the laws of the different sports, whilst respecting people's views on tactics selected and choice of training method.

Careers Links: Sports scientist, physiotherapist, coach, personal trainer, PE teacher, NHS Staff, nutritionist.

Skills Development: Knowledge of the human body and understanding of lifestyle choices & consequences, presentation skills, communication skills, ability to debate and evaluate.

**Curriculum Overview:**

Year 10		
Term 1	Term 2	Term 3
Key Topics, Concepts, Knowledge and Skills Developed: 1.1 Anatomy and Physiology: Skeletal, Muscular, Cardiovascular Systems. 1.2 Physical Training: Components of Fitness NEA: Begin AEP. Range of practical sports covered.	Key Topics, Concepts, Knowledge and Skills Developed: 1.1 Anatomy and Physiology: Aerobic and Anaerobic Exercise, Movement Analysis 1.2 Physical Training: Principles of training, Risks and Hazards, Injuries, Training Methods NEA: Continuation of AEP. Range of practical sports covered	Key Topics, Concepts, Knowledge and Skills Developed: 1.1 Anatomy and Physiology: Short and Long Term Effects, 2.3 Health, Fitness and Wellbeing: Social, Emotional and Physical Health, Diet and Nutrition. NEA: Continuation of AEP and AEP catch up. Range of practical sports covered,
Assessment and Feedback: Summative: Topic Test and DIRT lesson. Formative: Starter tests, WOWO, Verbal feedback. Exam Writing.	Assessment and Feedback: Summative: Subject Knowledge Test and DIRT lesson. Formative: Starter tests, WOWO, Verbal feedback. Exam Writing.	Assessment and Feedback: Summative: End of Year Test and DIRT lesson. Formative: Starter tests, WOWO, Verbal feedback. Exam Writing.
Independent Study: Everlearner checkpoint tests. Access to Everlearner videos to further consolidate understanding. Update participation log	Independent Study: Everlearner checkpoint tests. Access to Everlearner videos to further consolidate understanding. Update participation log	Independent Study: Everlearner checkpoint tests. Access to Everlearner videos to further consolidate understanding. Update participation log.



Year 11		
Term 1	Term 2	Term 3
Key Topics, Concepts, Knowledge and Skills Developed: 2.3 Sport Psychology: Skill Classification, Goal Setting, Mental Preparation, Feedback and Guidance. NEA: Continuation of AEP and Completion of AEP. Final practical sports chosen. Practical mock moderation	Key Topics, Concepts, Knowledge and Skills Developed: 2.1 Socio-cultural influences: Sport and the Media, Participation in Sport, Engagement Patterns. Deviance, Performance Enhancing Drugs, Revision begins. NEA: Practical examination, participation log and video submission.	Key Topics, Concepts, Knowledge and Skills Developed: Revision and Completion of theory examinations. NEA: Completed.
Assessment and Feedback: Summative: Topic Test, Mock Exam and DIRT lesson. Mock Feedback. Formative: Starter tests, WOWO, Verbal feedback. Exam Writing.	Assessment and Feedback: Summative: Subject Knowledge Test and DIRT lesson. Practical Examination. Formative: Starter tests, WOWO, Verbal feedback. Exam Writing.	Assessment and Feedback: Summative: Final Examination Formative: Starter tests, WOWO, Verbal feedback. Exam Writing.
Independent Study: Everlearner checkpoint tests. Access to Everlearner videos to further consolidate understanding. Update participation log	Independent Study: Everlearner checkpoint tests. Access to Everlearner videos to further consolidate understanding. Update participation log	Independent Study: Everlearner checkpoint tests. Access to Everlearner videos to further consolidate understanding.