

PCHS Curriculum Information

Course Title: Physical Education	Exam Board: OCR	Specification Code: J587
<p>How will students be assessed? Two 60 minute written exam papers: Component 1 – Physical factors affecting performance 30% Component 2 – Socio-cultural issues and sports psychology 30% Non examined assessment (practical): Component 3 – Performance in physical education 40% Assessed in three sports one team, one individual and one other. There is also a coursework component – ‘Analysing and evaluating performance - AEP’ This will be completed on google classroom as an ongoing assessment over the two year course.</p>		

KEY CONTENT
<p>Half Term 1</p> <p><u>1.1.e The effects of exercise on the body systems:</u> Students will develop their knowledge and understanding of the short and long-term effects of exercise on muscles and bones, the heart and the respiratory system. They will be able to apply understanding of these effects to examples from a range of physical activities and sports.</p> <p><u>2.1.a Engagement patterns of different social groups in physical activities and sports</u> Students will learn how the different socio- cultural factors can affect participation and understand strategies which could be used to improve participation through promotion, provision and access. AEP - completion and review of year 10 tasks</p>
<p>Half Term 2</p> <p><u>2.1.b Commercialisation of sport</u> Students will understand the influence of the media on the commercialisation of physical; activity and sport. Students will learn the different types of media; Social, internet, TV and newspapers.</p>
<p>Half Term 3</p> <p><u>2.1.c Ethical and socio-cultural issues in physical activity and sport</u> Students will need to know the definition of sportsmanship, gamesmanship and deviance. They will be able to apply practical examples. Students will then learn about why sports performers use drugs and the types of drugs which enhance performance. Students will also need to know the reasons for player violence and be able to give practical examples.</p>
<p>Half Term 4</p>

2.2 Sports psychology

Within this section students will look at the characteristics of a skillful movement, classification of skills, Goal setting, mental preparation, types of guidance and types of feedback.

AEP - completion of the classification task on the difficulty and environmental continuum.

2.3 Health, fitness and well-being

Within this section students will learn what is meant by health, fitness and well-being and understand the different health benefits of physical activity. Students will be able to apply their understanding to different age groups and respond to data about health, fitness and well-being.

Final practical assessments.

Competitive logs completed.

Half Term 5

Exam Preparation

Half Term 6