

## PCHS Curriculum Information

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

| Half term | Key content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| 1         | <p><b>1.2.a Components of fitness:</b></p> <p>These include Cardiovascular endurance, muscular endurance, speed, strength, power, flexibility, agility, balance, coordination, reaction time. Students will learn the definitions, apply to practical examples and learn how to test each component.</p> <p><b>The Non-Examined Assessment (NEA).</b></p> <p>The <b>AEP</b> will start with students applying their knowledge from this topic to their coursework. All students will be tested in each of the components of fitness and then they will analyse their results.</p> <p>Activities in practical lessons change approx every 10 lessons depending on progress of the group. Students are also assessed to GCSE criteria in their Core PE lessons.</p> |
| 2         | <p><b>1.2.b Applying the principles of training:</b></p> <p>This section includes the Principles of training and optimising training. In this section students will learn about different training methods, the importance of a warm-up and cool down and how to reduce the risk of injury in sport. They will then create their own training programme applying the principles they have learned. The section will be applied to their <b>AEP</b>.</p>                                                                                                                                                                                                                                                                                                           |
| 3         | <p><b>1.1.a The structure and function of the skeletal:</b></p> <p>Students will learn to name and locate all the major bones and joints in the body. They will learn the movements possible at each joint and apply them to a movement analysis.</p> <p><b>1.1.b The structure and function of the muscular system:</b></p> <p>Students will learn to name and locate all the major muscles as well as specify the role of the muscles in movement in sport.</p>                                                                                                                                                                                                                                                                                                 |

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|   | <p><b>1.1.c Movement analysis:</b></p> <p>Students will be introduced to movement analysis and lever systems. This will then be applied to their <b>AEP</b> by analysing a sporting movement from their sport.</p>                                                                                                                                                                                                                             |
| 4 | <p><b>1.1.c Continuation of Movement analysis.</b></p> <p>Students will learn about the planes of movement and axes of rotation. More time will be spent consolidating this topic area and applying to <b>AEP. Practical</b> activities this half term are a continuation of hand/rugby union then onto badminton/trampolining.</p>                                                                                                            |
| 5 | <p><b>1.1.d The cardiovascular and respiratory system:</b></p> <p>Students will learn the structure and function of the cardiovascular system, looking at the pathway of blood through the body and key terminology.</p> <p>Students will also learn the structure and function of the respiratory system as well as the difference between aerobic and anaerobic exercise.</p>                                                                |
| 6 | <p><b>Preparation for Year 10 exam, completion of the year 10 Non-Examined Assessment (NEA) practical programme and the written coursework AEP.</b></p> <p>The <b>AEP</b> assessment requires students to analyse and evaluate a performance. They need to highlight strengths, weaknesses of the performance and create an action plan for the major weakness. Students then have to make links to the theoretical element of the course.</p> |