



Long Term Plan

GCSE PE

KS4 (Year 10 and Year 11)

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September 2026



Subject intent/vision:

To provide opportunities for all students, regardless of their ability, to inspire, challenge and achieve in a range of different sporting activities.

In PE we aim to create students that can:

- Physically meet the demands of the environment
- Make good tactical/compositional decisions when faced with different scenarios
- Apply themselves in the theory of physical education.
- Confidently lead others in a variety of different situations.
- Make healthy decisions around lifelong lifestyle

To enable all students to achieve, our subject curriculum is underpinned by the following principles:



Ambitious -offer a range of courses so that students can achieve qualifications in our subject.



Sequenced / Spiral - *focus on activities throughout the five year journey so students will build on the foundations put in place year after year.*



Literacy - To build students specific vocabulary in PE so they can broaden their oracy and leadership skills



Cultural Capital - We attempt to give students as many opportunities as possible through team fixtures and PE related trips and visits.



Long Term Plan

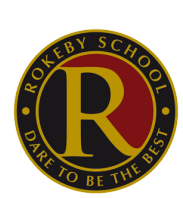
From September 2026: KS4 PE Programme of Study (Year 10s)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Paper 1 The structure and function of the Musculoskeletal system a)Location of major bones and muscles b)Functions of the skeleton/ roles of muscles c)Types of synovial joint e)Types of movement at hinge joints and ball and socket joints f) Other components of joints Practical Element Students will cover one of the following sports from the list: Netball Basketball	Paper 1 Movement analysis a)levers Mechanical advantage/disadvantage b)planes of axis c)Planes of movement d)axes of rotation e) Practical Element Students will cover one of the following sports from the list: Football Table Tennis	Paper 1 The cardiovascular and respiratory systems a)Structure and function of the cardiovascular system b)Structure and function of the respiratory system c)Aerobic and anaerobic exercise Practical Element Students will cover one of the following sports from the list: Badminton Table Tennis	Paper 1 Effects of exercise on body systems. a)Short-term effects of exercise b)Long-term (training) effects of exercise Preventing injury in physical activity and training a)Prevention of injury Practical Element Students will cover one of the following sports from the list: Netball Badminton	Paper 1 Physical training a)Components of fitness B)Training Methods Applying the principles of training a)Principles of training b)Optimising training c)stages of a warm up Practical Element Students will cover one of the following sports from the list: Cricket Table Tennis	NAE Analysis of performance in chosen sport Evaluation of fitness components Analysis of fitness components Overview of key skills Assessment of key skills Movement analysis Action plan of improvement Practical Element Students will cover one of the following sports from the list: Athletics Cricket
Assessment: Adapted exam paper (30 minutes) Students will be moderated in practical sessions per term and graded out of 20 marks	Assessment: Adapted exam paper (30 minutes) Students will be moderated in practical sessions per term and graded out of 20 marks	Assessment: Adapted exam paper (30 minutes) Students will be moderated in practical sessions per term and graded out of 20 marks	Assessment: Adapted exam paper (30 minutes) Students will be moderated in practical sessions per term and graded out of 20 marks	Assessment: Adapted exam paper (30 minutes) Students will be moderated in practical sessions per term and graded out of 20 marks	Assessment AEP 10 hour supervised completion course work 20 marks 10% final mark Mock exam Paper 1 60 marks Practical moderation 60 marks



September 2026/27: KS4 PE Programme of Study (Year 11)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Paper 2 Sport psychology a)Characteristics of skilful movement b)Classification of skills c)Goal setting d)Mental preparation e)Types of guidance f)Types of feedback Ethical and socio-cultural issues in physical activity and sport a)Ethics in sport b)Drugs in sport c)Violence in sport Practical Element Students will cover one of the following sports from the list: Netball Table Tennis	NAE Recap NAE Analysis of performance in chosen sport Evaluation of fitness components Analysis of fitness components Overview of key skills Assessment of key skills Movement analysis Action plan of improvement Practical Element Students will cover one of the following sports from the list: Table tennis Basketball	Paper 2 Commercialisation of physical activity and sport a) understand the influence of the media on the commercialisation of physical activity and sport b know the meaning of commercialisation, including sport, sponsorship and the media (the golden triangle c) understand the influence of sponsorship on the commercialisation of physical activity and sport: Engagement patterns of different social groups in physical activities and sports a)Physical activity and sport in the UK b)Participation in physical activity and sport Practical Element Students will cover a selection of sports from the following list: Badminton Netball Table Tennis	Paper 2 Health, fitness and well-being a)Health, fitness and well-being b)Diet and nutrition Practical Element Students will cover a selection of sports from the following list: Athletics	Paper 1 & 2 Revision All practical moderation submitted Year 11 to focus on A01 A02 A03 Question and answer sessions
Assessment: Adapted exam paper (30 minutes) Students will be moderated in practical sessions per term and graded out of 20 marks	Assesments NEA 20 marks 10 % Finalised grade Submit OCR Students will be moderated in practical sessions per term and graded out of 20 marks	Assessment: Adapted exam paper (30 minutes) Students will be moderated in practical sessions per term and graded out of 20 marks	Assessment: Paper 1 & Paper 2 (1 hour each) Practical moderation 3x sports 60 marks AEP: 20 marks	Assessment: Mini test Use of revision material RAG from exam content revised



GCSE Exam:

There are 2 papers in the GCSE exam which are assessed through 2 exam papers at the end of Year 11. There is also a practical element, in which the sports are highlighted above. There is also a non-exam assessment in the form of coursework which makes 10% of the final grade

- Paper 1 assesses Content of Physical factors affecting performance **This is a 1 hour paper and worth 30%**
- Paper 2 assesses Content of Socio-cultural issues and sports psychology. **This is a 1 hour paper and worth 30%**
- Practical element: Students will be assessed in 1 'team' activity, 1 'individual' activity and one 'other' activity. **This is worth 30%**
- The non-exam assessment is synoptic and covers all elements of the course in their chosen sport. **This is worth 10%**

Learning Resources:

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

<https://www.teachpe.com/>

<https://revisionworld.com/gcse-revision/pe-physical-education/past-papers>

<https://theeverlearner.com/>