

Yr10 (KS4) GCSE PE	Topic Area	Knowledge/Skills that are taught	Knowledge/Skills revisited	What does good look like?	Resources/support at home
Autumn 1	SECTION 1: APPLIED ANATOMY AND PHYSIOLOGY (PART A)	<ul style="list-style-type: none"> - The structure and function of the musculo-skeletal system. - Movement analysis. 	Practical Assessment; Badminton Football	Recall of structures, functions & key terms within key body systems. (A01) Analyse the biomechanics involved in different sporting actions. (A02)	Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes. GCSE only practical club (Tuesdays - Badminton)
Autumn 2	SECTION 1: APPLIED ANATOMY AND PHYSIOLOGY (PART B)	<ul style="list-style-type: none"> - The structure and function of the cardio-respiratory systems. - The short & long term effects of exercise on the body. 	Practical Assessment; Netball Table Tennis	Recall of structures, functions & key terms within key body systems. (A01) Understand and evaluate how body systems adaptations link to performance improvements. (A02/3)	Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes. GCSE only practical club (Tuesdays - Table Tennis)
Spring 1	SECTION 2: PHYSICAL TRAINING	<ul style="list-style-type: none"> - Relationship between health & fitness. - Components of fitness and how they are measured. - Principles of training and how they apply to personal training. - Preventing injury in physical activity and training. 	Practical Assessment; Basketball Trampolining	Recall definitions of key terms, components of fitness & associated fitness tests. (A01) Apply principles of training to ensure progressive and effective training. (A02) Design a fitness programme including injury prevention measures. (A03)	Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes. GCSE only practical club (Tuesdays - Basketball)
Spring 2	SECTION 3: SOCIO-CULTURAL	<ul style="list-style-type: none"> - Engagement patterns of different social groups in 	Practical Assessment; Hockey	Recall facts & figures relating to different	Google classroom OCR GCSE page contains all lesson PPs,

	INFLUENCES	<p>physical activity.</p> <ul style="list-style-type: none"> - Commercialisation in sport. - Ethical and socio-cultural issues in sport. 	Tennis	<p>engagement groups. (A01)</p> <p>Apply sports engagement strategies to various social groups. (A02)</p> <p>Evaluate the pro's and con's of commercialisation in elite sport. (A03)</p>	<p>resources and revision documents.</p> <p>Seneca / Kahoot for HW recap quizzes.</p> <p>GCSE only practical club (Tuesdays - Hockey)</p>
Summer 1	SECTION 4: SPORT PSYCHOLOGY	<ul style="list-style-type: none"> - The classification of skills. - Practise structures. - Using goal setting and smart targets to optimise performance. - Providing guidance and feedback on performances. - Mentally preparing for performance. 	<p>Practical Assessment;</p> <p>Handball</p> <p>Cricket</p>	<p>Classify skills on continuums. (A01)</p> <p>Apply methods of goal setting effectively to different sports people. (A02)</p> <p>Create an effective sports psychology plan to optimise performance. (A03)</p>	<p>Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents.</p> <p>Seneca / Kahoot for HW recap quizzes.</p> <p>GCSE only practical club (Tuesdays - Handball)</p>
Summer 2	TOPIC 5: HEALTH, FITNESS AND WELL-BEING	<ul style="list-style-type: none"> - Physical, emotional & social health, fitness and well-being. - Consequences of a sedentary lifestyle. - Energy use, diet, nutrition and hydration. 	<p>Practical Assessment;</p> <p>Athletics</p> <p>Rounders</p>	<p>Define and link the key terms relating to well being. (A01)</p> <p>Explain the potential consequences of a sedentary lifestyle. (A02).</p> <p>Create an effective diet and nutrition plan for a particular athlete. (A03)</p>	<p>Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents.</p> <p>Seneca / Kahoot for HW recap quizzes.</p> <p>GCSE only practical club (Tuesdays - Athletics)</p>
Yr10 (KS4) CORE PE	Topic Area	Knowledge/Skills that are taught	Knowledge/Skills revisited	What does good look like?	Resources/support at home
Autumn 1	Specific Sports - Optional - students must do	Performance - More Concentration on the Specific Skills of the activities chosen.		See Separate %age Descriptors	Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch

	at least 2 different activity types	Leadership - opportunities and expectations to lead sessions, organise, lead warm ups/cool downs Wider Knowledge - applying Knowledge of training principles, methods of training etc to the specific sports - know how to improve, where/when to practise			Where to Train/How to Train
Autumn 2	Specific Sports - Optional - students must do at least 2 different activity types	Performance - More Concentration on the Specific Skills of the activities chosen. Leadership - opportunities and expectations to lead sessions, organise, lead warm ups/cool downs Wider Knowledge - applying Knowledge of training principles, methods of training etc to the specific sports - know how to improve, where/when to practise		See Separate %age Descriptors	Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch Where to Train/How to Train
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Yr11 (KS4) GCSE PE	Topic Area	Knowledge/Skills that are taught	Knowledge/Skills revisited	What does good look like?	Resources/support at home
Autumn 1	AEP controlled assessment	Section 1 - Evaluation	Fitness test results & normative data to assess fitness.	Evaluates the strengths and weaknesses of their	Google classroom OCR GCSE page contains all

	coursework	Section 2 - Analysis Section 3 - Overview	Applying components of fitness to chosen sport. Outlining and describing key skills & techniques.	own/a peers physical fitness accurately, using appropriate tests for each component of fitness.	coursework lesson powerpoints & guidance handbook.
Autumn 2	AEP controlled assessment coursework	Section 4 - Assessment Section 5 - Movement Analysis Section 6 - Action Plan	Skill assessment and evaluation Biomechanics of skills Planning an effective training programme	Gives an accurate and thorough assessment of their own/a peers strengths and weaknesses of their skills in their chosen activity.	Google classroom OCR GCSE page contains all coursework lesson powerpoints & guidance handbook. Core PE intervention groups - students undertake extra theory sessions during Y11 core PE based on underperformance in Y10 mocks.
Spring 1	Revision SECTION 1: APPLIED ANATOMY AND PHYSIOLOGY SECTION 2: PHYSICAL TRAINING	<ul style="list-style-type: none"> - The structure and function of the musculo-skeletal system. - Movement analysis. - The structure and function of the cardio-respiratory systems. - The short & long term effects of exercise on the body. - Relationship between health & fitness. - Components of fitness and how they are measured. - Principles of training and how they apply to personal training. - Preventing injury in physical activity and training. 	3 lessons focusing on Improving exam technique / on 6 mark questions before mocks.	A01 - Recall A02 - Application A03 - Analyse and evaluate.	Y11 mock handbook. Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes. Core PE intervention groups - students undertake extra theory sessions during Y11 core PE based on underperformance in Y10 mocks.
Spring 2	Revision	<ul style="list-style-type: none"> - Engagement patterns of different social groups in 		See Y10 for topic A01-3 examples.	Google classroom OCR GCSE page contains all lesson PPs,

	<p>SECTION 3: SOCIO-CULTURAL INFLUENCES</p> <p>SECTION 4: SPORT PSYCHOLOGY</p>	<p>physical activity.</p> <ul style="list-style-type: none"> - Commercialisation in sport. - Ethical and socio-cultural issues in sport. - The classification of skills. - Practise structures. - Using goal setting and smart targets to optimise performance. - Providing guidance and feedback on performances. 			resources and revision documents. Seneca / Kahoot for HW recap quizzes.
Summer 1	<p>Revision</p> <p>TOPIC 5: HEALTH, FITNESS AND WELL-BEING</p>	<ul style="list-style-type: none"> - Physical, emotional & social health, fitness and well-being. - Consequences of a sedentary lifestyle. - Energy use, diet, nutrition and hydration. 	<p>Revisit exam preparation and revision techniques.</p> <p>"7 ways to revise in PE" power-point lesson.</p>	<p>See Y10 for topic A01-3 examples.</p>	<p>Revision booklet.</p> <p>Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents.</p> <p>Seneca / Kahoot for HW recap quizzes.</p>
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Summer 2					