

<b>Yr10 (KS4) GCSE PE</b>	<b>Topic Area</b>	<b>Knowledge/Skills that are taught</b>	<b>Knowledge/Skills revisited</b>	<b>What does good look like?</b>	<b>Resources/support at home</b>
Autumn 1	<b>SECTION 1: APPLIED ANATOMY AND PHYSIOLOGY (PART A)</b>	<ul style="list-style-type: none"> <li>- The structure and function of the musculo-skeletal system.</li> <li>- Movement analysis.</li> </ul>	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	<b>SECTION 1: APPLIED ANATOMY AND PHYSIOLOGY (PART B)</b>	<ul style="list-style-type: none"> <li>- The structure and function of the cardio-respiratory systems.</li> <li>- The short &amp; long term effects of exercise on the body.</li> </ul>	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: <b>PHYSICAL TRAINING</b>	<ul style="list-style-type: none"> <li>- Relationship between health &amp; fitness.</li> <li>- Components of fitness and how they are measured.</li> <li>- Principles of training and how they apply to personal training.</li> <li>- Preventing injury in physical activity and training.</li> </ul>	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: <b>SOCIO-CULTURAL INFLUENCES</b>	<ul style="list-style-type: none"> <li>- Engagement patterns of different social groups in physical activity.</li> <li>- Commercialisation in sport.</li> <li>- Ethical and socio-cultural issues in sport.</li> </ul>	Practical Assessment; Hockey Tennis	Recall facts & figures relating to different engagement groups. (A01) Apply sports engagement strategies to various social groups. (A02) Evaluate the pro's and con's of commercialisation in elite sport. (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 - Hockey)
Summer 1	SECTION 4: <b>SPORT PSYCHOLOGY</b>	<ul style="list-style-type: none"> <li>- The classification of skills.</li> <li>- Practice structures.</li> <li>- Using goal setting and smart targets to optimise performance.</li> </ul>	Practical Assessment; Handball Cricket	Classify skills on continuums. (A01) Apply methods of goal setting effectively to different sports people. (A02)	Google classroom OCR GCSE page contains all lesson PPs,

		<ul style="list-style-type: none"> <li>- Providing guidance and feedback on performances.</li> <li>- Mentally preparing for performance.</li> </ul>		Create an effective sports psychology plan to optimise performance. (A03)	resources and revision documents. Seneca / Kahoot for HW recap quizzes. GCSE only practical club (Tuesdays - Handball)
Summer 2	<b>TOPIC 5: HEALTH, FITNESS AND WELL-BEING</b>	<ul style="list-style-type: none"> <li>- Physical, emotional &amp; social health, fitness and well-being.</li> <li>- Consequences of a sedentary lifestyle.</li> <li>- Energy use, diet, nutrition and hydration.</li> </ul>	Practical Assessment; Athletics Rounders	Define and link the key terms relating to well being. (A01) Explain the potential consequences of a sedentary lifestyle. (A02). Create an effective diet and nutrition plan for a particular athlete. (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 - Athletics)
<b>Yr10 (KS4) CORE PE</b>	<b>Topic Area</b>	<b>Knowledge/Skills that are taught</b>	<b>Knowledge/Skills revisited</b>	<b>What does good look like?</b>	<b>Resources/support at home</b>
Autumn 1	Specific Sports - Optional - students must do at least 2	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		See Separate %age Descriptors	Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch Where to

	different activity types	training principles, methods of training etc to the specific sports - know how to improve, where/when to practise			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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Spring 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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<b>Yr11 (KS4) GCSE PE</b>	<b>Topic Area</b>	<b>Knowledge/Skills that are taught</b>	<b>Knowledge/Skills revisited</b>	<b>What does good look like?</b>	<b>Resources/support at home</b>
Autumn 1	AEP controlled assessment coursework	Section 1 - Evaluation  Section 2 - Analysis  Section 3 - Overview	Fitness test results & normative data to assess fitness. Applying components of fitness to chosen sport. Outlining and describing key skills & techniques.	Evaluates the strengths and weaknesses of their own/a peers physical fitness accurately, using appropriate tests for each component of fitness.	Google classroom OCR GCSE page contains all coursework lesson powerpoints & guidance handbook.
Autumn 2	AEP controlled	Section 4 - Assessment	Skill assessment and evaluation	Gives an accurate and thorough assessment of their own/a peers	Google classroom OCR GCSE page

	assessment coursework	Section 5 - Movement Analysis  Section 6 - Action Plan	Biomechanics of skills  Planning an effective training programme	strengths and weaknesses of their skills in their chosen activity.	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  <b>SECTION 1: APPLIED ANATOMY AND PHYSIOLOGY</b>  <b>SECTION 2: PHYSICAL TRAINING</b>	<ul style="list-style-type: none"> <li>- The structure and function of the musculo-skeletal system.</li> <li>- Movement analysis.</li> <li>- The structure and function of the cardio-respiratory systems.</li> <li>- The short &amp; long term effects of exercise on the body.</li> <li>- Relationship between health &amp; fitness.</li> <li>- Components of fitness and how they are measured.</li> <li>- Principles of training and how they apply to personal training.</li> <li>- Preventing injury in physical activity and training.</li> </ul>	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  <b>SECTION 3: SOCIO-CULTURAL INFLUENCES</b>  <b>SECTION 4: SPORT PSYCHOLOGY</b>	<ul style="list-style-type: none"> <li>- Engagement patterns of different social groups in physical activity.</li> <li>- Commercialisation in sport.</li> <li>- Ethical and socio-cultural issues in sport.</li> <li>- The classification of skills.</li> <li>- Practice structures.</li> <li>- Using goal setting and smart targets to optimise performance.</li> <li>- Providing guidance and feedback on performances.</li> </ul>		See Y10 for topic A01-3 examples.	Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes.
Summer 1	Revision  <b>TOPIC 5: HEALTH, FITNESS AND WELL-BEING</b>	<ul style="list-style-type: none"> <li>- Physical, emotional &amp; social health, fitness and well-being.</li> <li>- Consequences of a sedentary lifestyle.</li> <li>- Energy use, diet, nutrition and hydration.</li> </ul>	Revisit exam preparation and revision techniques. "7 ways to revise in PE" power-point lesson.	See Y10 for topic A01-3 examples.	Revision booklet. Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes.
<b>Yr11 (KS4) CORE PE</b>	<b>Topic Area</b>	<b>Knowledge/Skills that are taught</b>	<b>Knowledge/Skills revisited</b>	<b>What does good look like?</b>	<b>Resources/support at home</b>
Autumn	Specific	Performance - More Concentration on the Specific		See Separate %age Descriptors	Extra Curricular

1	Sports - Optional - students must do at least 2 different activity types	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			Clubs/ Info how to join teams/local clubs / where to watch 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
Spring 1	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
Spring 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		See Separate %age Descriptors	Extra Curricular Clubs/ Info how to join teams/local clubs / where to watch



	least 2 different activity types	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	Units 1, 4, 7	Anatomy and Physiology Sports Leadership Practical Sports Performance	Knowledge and skills specific to the unit - not revisited. Specific to this unit - see previous column Discreet unit - stand alone units Assessed by assignments specific to units	Pass, Merit, Distinction Specific Criteria for a wide range of assignments	Text Books, Google Classroom, Google Drive, Wide range of Resources
Spring 1	Units 1,2,5,7	Anatomy and Physiology Fitness Training and Programming for Health, Sport and Well-being Application of Fitness Testing Practical Sports Performance	Knowledge and skills specific to the unit - not revisited. Specific to this unit - see previous column Discreet unit - stand alone units Assessed by assignments specific to units	Pass, Merit, Distinction Specific Criteria for a wide range of assignments	Text Books, Google Classroom, Google Drive, Wide range of Resources
Spring 2	Units 1,2,5,7,	Anatomy and Physiology Fitness Training and Programming for Health, Sport and Well-being Application of Fitness Testing Practical Sports Performance	Knowledge and skills specific to the unit - not revisited. Specific to this unit - see previous column Discreet unit - stand alone units Assessed by assignments specific to units	Pass, Merit, Distinction Specific Criteria for a wide range of assignments	Text Books, Google Classroom, Google Drive, Wide range of Resources
Summer 1	Units 2,3,8 19	Fitness Training and Programming for Health, Sport and Well-being Professional Development in the Sports Industry Coaching for Performance	Knowledge and skills specific to the unit - not revisited. Specific to this unit - see previous column	Pass, Merit, Distinction Specific Criteria for a wide range of assignments	Text Books, Google Classroom, Google Drive,

		Development and Provision of Sport and Physical Activity	Discreet unit - stand alone units Assessed by assignments specific to units		Wide range of Resources
Summer 2	Units 2,3,8,19	Fitness Training and Programming for Health, Sport and Well-being Professional Development in the Sports Industry Coaching for Performance Development and Provision of Sport and Physical Activity	Knowledge and skills specific to the unit - not revisited. Specific to this unit - see previous column Discreet unit - stand alone units Assessed by assignments specific to units	Pass, Merit, Distinction Specific Criteria for a wide range of assignments	Text Books, Google Classroom, Google Drive, Wide range of Resources