

PE GCSE Curriculum Plan

Classes	Year 10		Year 11	
Cycle 1	Component 2: Health and Performance		Component 1: Fitness and body systems	
	Topic: Health, Fitness and Wellbeing & Sport psychology		Topic: Applied anatomy and physiology	
	<ul style="list-style-type: none"> ➤ Physical, emotional and social health ➤ Lifestyle choices ➤ Impact of lifestyle choices ➤ Sedentary lifestyles and consequences ➤ Balanced diet and the role of nutrients ➤ Diet manipulation for sport ➤ Macronutrients, Micronutrients ➤ Optimum weight 	<ul style="list-style-type: none"> ➤ Energy balance ➤ Classification of skills ➤ Forms of practice – theory and practical application ➤ Types of guidance – theory and practical application ➤ Mental preparation for performance; types of feedback ➤ Mental rehearsal ➤ Types of feedback ➤ Goal setting 	<ul style="list-style-type: none"> ➤ Cardiovascular system ➤ Structure and function of cardiovascular system ➤ Arteries, capillaries and veins ➤ Vascular shunting ➤ Plasma, platelets, blood cells ➤ Respiratory system – composition of air; lung volumes ➤ Location and roles of principal components of respiratory system 	<ul style="list-style-type: none"> ➤ Structure and function of alveoli ➤ Gaseous exchange ➤ Components of blood and their significance for physical activity ➤ Short term effects on the cardiovascular system
	Component 2: Health and Performance		Component 1: Fitness and Body Systems	
	Topic: Socio-Cultural Influences		Topic: Physical Training	
	<ul style="list-style-type: none"> ➤ Commercialisation and the media ➤ Advantages of commercialisation ➤ disadvantages of commercialisation ➤ Socio economic groups, Gender/age, Ethnicity/disability ➤ Factors affecting participation in physical activity ➤ Participation rate trends – use of data 	<ul style="list-style-type: none"> ➤ Sporting behaviour ➤ Gamesmanship ➤ Sportsmanship ➤ Deviance in sport ➤ PEDS 	<p>Recap</p> <ul style="list-style-type: none"> ➤ Structure of the skeletal system ➤ Classification of joints ➤ Movement possibilities at joints ➤ Joint classification and impact on movement axes ➤ Utilisation of movement in physical activity 	<ul style="list-style-type: none"> ➤ Planes and axes – generalised movement patterns ➤ Lever system – first, second and third class levers ➤ Mechanical advantage in sport and physical activity ➤ Movement possibilities at joints
Assess Week & Review Consolidate & Extend	<div>9 mark question on component 1 content</div> <div>9 mark question on component 2 content</div> <div>Go through results, identify area's for improvement, link to personalised revision plan for each pupil</div>			

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Cycle 2	Component 1: Fitness and Body Systems		Component 1: Fitness and Body Systems
	Topic: Applied anatomy and physiology		Revision skills
	<ul style="list-style-type: none"> ➤ Functions of the skeletal system ➤ Classification of bones ➤ Structure of the skeletal system ➤ Classification of joints ➤ Movement possibilities at joints ➤ Ligaments, tendons and muscle types ➤ Classification of roles of muscles ➤ Location and roles of key muscles ➤ voluntary muscles ➤ Antagonistic muscles ➤ Fast and slow twitch muscle fibres ➤ aerobic and anaerobic exercise and short term effects of exercise ➤ short term effects on the muscular system 	<ul style="list-style-type: none"> ➤ short term effects on the cardio-respiratory system ➤ Effects and benefits of exercise to the skeletal system ➤ Adaptations to the muscular system ➤ Adaptations to the respiratory system ➤ Adaptations to the cardiovascular system ➤ Long term effects of training on the musculo-skeletal system ➤ Long term effects of training on the cardio-respiratory system ➤ Identification, prevention and treatment of injury 	<ul style="list-style-type: none"> ➤ Revision and exam technique ➤ Extended questions ➤ 9 mark structure (A01, A02, A03)
Assess Week & Review	9 mark question on component 1 content		9 mark question on component 2 content
Consolidate & Extend	Go through results, identify area's for improvement, link to personalised revision plan for each pupil		
	Component 4 – PEP coursework		Component 1: Fitness and Body Systems
			Component 2: Health and Performance

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Cycle 3	<ul style="list-style-type: none"> ➤ An introduction to using a PEP to develop fitness, health and exercise and performance ➤ PARQs; warm ups and cool downs ➤ Components of fitness ➤ Fitness tests – theory and practice ➤ Principles of training ➤ Methods of training ➤ Thresholds of training ➤ Application of principles of training to a PEP ➤ Application of methods of training to a PEP 	<p>Component 1 exam</p> <p>Component 2 exam</p>
Assess Week & Review Consolidate & Extend	<div> <div>9 mark question on component 1 content</div> <div>9 mark question on component 2 content</div> </div> <p>Go through results, identify area's for improvement</p> <p>link to personalised revision plan for each pupil</p> <p>All coursework handed in and signed off</p>	