

Subject: GCSE PE

Year 10 (Modules, Topics)

| Term 1 | Term 2 | Term 3 |
|--|---|--|
| <p>Topics covered – Paper 1 Health and fitness Components of fitness Fitness testing and reasons for fitness testing Principles of training Training intensities Methods of training</p> <p>Topics covered – Paper 2 Benefits of physical activity A sedentary lifestyle – dangers of Obesity and the ill effects Height/weight charts and what they demonstrate Somatotypes Diet Hydration/dehydration Factors effecting calorie intake</p> <p>Resources: Exercise books 1 and 2, GCSE revision guide. PE kit. Assessment: Theory assessment at the end of each half term. Practical assessment at the end of each activity.</p> | <p>Topics covered – Paper 1 Injury Altitude training Seasonal training Warm up Cool down Bones Structure and function of the skeletal system Structure of a joint</p> <p>Topics covered – Paper 2 Barrier to participation in physical activity Media Sponsorship Commercialisation and the Golden Triangle Technology and its use in sport Sportsmanship, gamesmanship and fair play Performance enhancing drugs Spectator behaviour and hooliganism</p> <p>Resources: Exercise books 1 and 2, GCSE revision guide. PE kit. Assessment: Theory assessment at the end of each half term. Practical assessment at the end of each activity.</p> | <p>Topics covered – Paper 1 Joint movement Antagonistic pairs Muscular system Respiratory system Gaseous exchange Mechanics of breathing</p> <p>Topics covered – Paper 2 Continuums Target setting Information processing Guidance</p> <p>Resources: Exercise books 1 and 2, GCSE revision guide. PE kit. Assessment: Theory assessment at the end of each half term. Practical assessment at the end of each activity.</p> |

Year 11
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| Term 1 | Term 2 | Term 3 |
|---|--|--|
| <p>Topics covered – Paper 1 Cardiovascular system Aerobic and anaerobic exercise The effects of exercise Movement analysis Lever systems Planes and axes of rotation</p> <p>Topics covered – Paper 2 Feedback Motivation Personality Levels of arousal Coping strategies Aggression</p> <p>Resources: Exercise books 1 and 2, GCSE revision guide. PE kit.</p> <p>Assessment: Theory assessment at the end of each half term. Practical assessment at the end of each activity.</p> | <p>Coursework Analysis of strengths and weaknesses Corrective measures for weaknesses identified Creation of an action plan to improve</p> <p>Moderation preparation Choosing of final three sporting activities – video evidence and live moderation preparation</p> <p>Revision Revision of all topics covered. Exam technique and practice</p> <p>Resources: Exercise books 1 and 2, GCSE revision guide. PE kit.</p> <p>Assessment: Theory assessment at the end of each half term. Practical assessment at the end of each activity.</p> | <p>Revision, exam preparation and exam practice</p> |