

Year 9 Curriculum Overview: Pre-GCSE PE



	Topics/ content outline:	Powerful Knowledge (key concepts, skills)	What will you be assessed on?	How can you help at home?
Autumn Term	<ol style="list-style-type: none"> Names & locations of Bones Names & locations of Muscles Understanding the role of Antagonistic Pairs Revision techniques for PE Introduction to PE exam technique Progress testing Progress test review 	<ol style="list-style-type: none"> Being able to label the Skeletal system Being able to label the Muscular system What is an Antagonistic Pair <ol style="list-style-type: none"> Role of an Agonist muscle Role of an Antagonist muscle Understanding what a fixator muscle is. Knowledge of revision techniques specific to PE Knowledge of exam techniques specific to PE Developing review skills to increase understanding of areas which need developing 	<ol style="list-style-type: none"> The Skeletal system <ol style="list-style-type: none"> Names & locations 6 Functions of bones The Muscular system <ol style="list-style-type: none"> Names & locations Antagonistic pairs 	<ol style="list-style-type: none"> Check in on Class Charts Check in on Showbie How will developing revision and exam techniques
Spring Term	<ol style="list-style-type: none"> Types of levers in the body How movement occurs through the lever system Revision techniques for PE Introduction to PE exam technique Progress testing Progress test review 	<ol style="list-style-type: none"> Being able to label the components of all 3 levers Being able to give sporting examples for each lever Knowledge of revision techniques specific to PE Knowledge of exam techniques specific to PE Developing review skills to increase understanding of areas which need developing 	<ol style="list-style-type: none"> The Lever system <ol style="list-style-type: none"> Name & draw all 3 levers Sporting examples per lever 	<ol style="list-style-type: none"> Check in on Class Charts Check in on Showbie How will developing revision and exam techniques
Summer Term	<ol style="list-style-type: none"> The Cardiovascular system Revision techniques for PE Introduction to PE exam technique Progress testing Progress test review 	<ol style="list-style-type: none"> Being able to label the components of the heart Being able to describe the differences of all blood vessels Being able to describe the pathway of blood through the heart and lungs Understand the cardiac cycle Knowledge of revision techniques specific to PE Knowledge of exam techniques specific to PE Developing review skills to increase understanding of areas which need developing 	<ol style="list-style-type: none"> The Cardiovascular system <ol style="list-style-type: none"> Labelling the heart Pathway of blood Cardiac cycle Differentiating blood vessels 	<ol style="list-style-type: none"> Check in on Class Charts Check in on Showbie How will developing revision and exam techniques

Year 10 Curriculum Overview: GCSE PE Paper 1



	Topics/ content outline:	Powerful Knowledge (key concepts, skills)	What will you be assessed on?	How can you help at home?
Autumn Term	<ol style="list-style-type: none"> Components of Fitness - Definitions, tests, examples. Principles of training - SPOR, FITT, definitions, examples. Methods of training - Continuous, Interval, Fartlek, Circuit, Weight, HIIT, Plyometric - Definitions, examples, advantages & disadvantages. - Warm up & cool down Exam questions and technique Revision strategies 	<ol style="list-style-type: none"> Identifying and explaining each component of fitness. Identifying the tests for each component of fitness. Sporting examples of performers who use each component. Identifying and explaining SPOR and FITT Identifying and explaining 7 methods of training. Evaluating advantages and disadvantages of each method of training. Identify and evaluating the reasons and benefits for warming up and cooling down. Developing and evaluating exam technique to answer exam questions. Developing revision strategies 	<ol style="list-style-type: none"> Components of Fitness - Definition of each component - Tests for each component - Sporting Examples for each component Principles and Methods of Training - Definitions of Specificity, Progression, Overload, Reversibility (SPOR). - Sporting examples - Definition and application of Frequency Intensity, Time and Type (FITT). - Methods of training (listed in outline). - Warm up and cool down (reasons and benefits) 	<ul style="list-style-type: none"> Support students accessing subject resources on Showbie. Encourage students to actively participate in their three practical sports and/or attend school extra-curricular. Check ClassCharts Support in completion of homework and revision
Spring Term	<ol style="list-style-type: none"> Skeletal System - Naming and locating bones - Types of joint and movement - Synovial joint - Functions of the skeleton Muscular System - Naming and locating muscles - Antagonistic pairs (definitions and examples) Exam questions and technique Revision strategies 	<ol style="list-style-type: none"> Identifying and labelling 19 major bones Identifying two types of joints and where they can be found in the body. Analysing joint movements in sporting examples. Identifying and explain 6 functions of the skeleton Identifying and labelling 11 major muscles Analysing muscles movement in sporting examples Explaining antagonistic pairs and identifying them in the body Analysing antagonistic pairs in sporting movement. Developing and evaluating exam technique to answer exam questions. Developing revision strategies. 	<ol style="list-style-type: none"> Skeletal System - Naming and locating the 19 major bones - Identifying two different types of joint, and joints in the body - Identifying the 6 possible types of movement - Identify and explaining the role of key part of a synovial joint - Identifying and explaining the 6 functions of the skeleton Muscular System - Naming and locating the 11major muscles - Explaining antagonistic pairs and the key terms associated with this. - Giving examples of antagonistic pairs in the body and sporting movements. 	<ul style="list-style-type: none"> Support students accessing subject resources on Showbie. Encourage students to actively participate in their three practical sports and/or attend school extra-curricular. Check ClassCharts Support in completion of homework and revision
Summer Term	<ol style="list-style-type: none"> Lever Systems - 1st, 2nd, 3rd Class, examples in the body and sport, diagrams Planes and Axis - Sagittal, Frontal and Transverse planes. Longitudinal, Frontal and Transverse axes - Examples Cardiovascular System - Labelling heart, pathway of blood, blood vessels, key terms, Exam questions and technique Revision strategies 	<ol style="list-style-type: none"> Identifying, explaining & drawing all 3 lever systems. Identify & explain each component part of a lever system Applying knowledge to sporting examples for each lever. Identifying and drawing the 3 planes of movement and 3 axes of rotation, Applying knowledge of planes & axis to sporting examples. Identifying and labelling key parts of the heart. The pathway of blood through the heart, & identifying the two separate loops. Identifying the main blood vessels in the body & their functions. Identifying key terms such as heart rate, stroke volume and cardiac output. Developing and evaluating exam technique to answer exam 	<ol style="list-style-type: none"> Lever systems - Identifying, explaining & drawing all 3 lever systems. - Identifying and explaining the component parts of a lever (fulcrum, effort, load). - Sporting examples of each lever. Planes and Axis - Identify and draw 3 planes of movement - Identify and draw 3 axes of rotation - Sporting examples in each plane and lever Cardiovascular System - Identify and label parts of the heart - Identify and explain the main functions of each blood vessel - Identify and explain cardiovascular system key 	<ul style="list-style-type: none"> Support students accessing subject resources on Showbie. Encourage students to actively participate in their three practical sports and/or attend school extra-curricular. Check ClassCharts Support in completion of homework and revision

Year 10 Curriculum Overview: GCSE PE Paper 2



	Topics/ content outline:	Powerful Knowledge (key concepts, skills)	What will you be assessed on?	How can you help at home?
Autumn Term	<p>Sports Psychology Characteristics of skilful movement Classification of skills Goal setting AEP Section 1 Evaluates the strengths and weaknesses of their own/a peers physical fitness accurately, using appropriate tests for each component of fitness. Section2 Produce a fully justified analysis of the importance of the different components of fitness for their chosen activity.</p>	<p>1. • know the definition of motor skills • understand and be able to apply examples of the characteristics of skilful movement: • efficiency • pre-determined • co-ordinated • fluent • aesthetic 2. • know continua used in the classification of skills, including: • simple to complex skills (difficulty continuum) • open to closed skills (environmental continuum) • be able to apply practical examples of skills for each continuum along with justification of their placement on both continua. 3. understand and be able to apply examples of the use of goal setting: • for exercise/training adherence • to motivate performers • to improve and/or optimise performance • understand the SMART principle of goal setting with practical examples (Specific, Measurable, Achievable, Recorded, Timed) • be able to apply the SMART principle to improve and/or optimise performance</p>	<p>Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. Learners will be assessed on their overall performance against the criteria using a best fit approach. Each bullet point should be considered and the learner awarded a mark based on their overall performance and based on the descriptors which best describe what you have seen</p>	<ul style="list-style-type: none"> • Support students accessing subject resources on Showbie. • Encourage students to actively participate in their three practical sports and/or attend school extra-curricular. • Check ClassCharts • Support in completion of homework and revision
Spring Term	<p>Section 3 Evaluate the strengths and weaknesses of the performance Section 4 Evaluate the strengths and weaknesses of the performance Section 5 Movement analysis</p>	<p>Section 3 Give an accurate overview of all of the key skills required for their chosen activity. Section 4 Give an accurate and thorough assessment of their own/a peers strengths and weaknesses of their skills in their chosen activity. Section 5 Movement analysis and classification of skill is detailed and accurate.</p>	<p>Learners will be assessed on their overall performance against the criteria using a best fit approach. Each bullet point should be considered and the learner awarded a mark based on their overall performance and based on the descriptors which best describe what you have seen.</p>	<ul style="list-style-type: none"> • Support students accessing subject resources on Showbie. • Encourage students to actively participate in their three practical sports and/or attend school extra-curricular. • Check ClassCharts • Support in completion of homework and revision
Summer Term	<p>Section 6 Produce an action plan which aims to improve the quality and effectiveness of the performance.</p>	<p>Section 6 Produce a detailed and accurate action plan containing: • clear identification of the specific skill/component of fitness being improved with full justification based on their analysis of performance • an excellent understanding of the principles of training • an excellent range of detailed drills and practices with coaching points • application of SMART goal setting is detailed and accurate • overall understanding of the element chosen to improve is excellent.</p>	<p>Learners will be assessed on their overall performance against the criteria using a best fit approach. Each bullet point should be considered and the learner awarded a mark based on their overall performance and based on the descriptors which best describe what you have seen.</p>	<ul style="list-style-type: none"> • Support students accessing subject resources on Showbie. • Encourage students to actively participate in their three practical sports and/or attend school extra-curricular. • Check ClassCharts • Support in completion of homework and revision

Year 11 Curriculum Overview: GCSE PE Paper 1



	Topics/ content outline:	Powerful Knowledge (key concepts, skills)	What will you be assessed on?	How can you help at home?
Autumn Term	<ul style="list-style-type: none"> - Recap on Cardiovascular System - HR, SV, CO and Interpreting Data - Cardiovascular Revision and Exam Technique - Respiratory System - Aerobic and Anaerobic Exercise - Effects of Exercise 	<ol style="list-style-type: none"> 1. Identifying key terms relating to the Cardiovascular system 2. Key functions and component parts of the Cardiovascular system. 3. Explaining key processes as part of the cardiovascular and respiratory systems. 4. Identifying aerobic and anaerobic exercises 5. Identifying the short and long term effects of exercise on the body systems 6. Developing and evaluating exam technique. 	<p>Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p>	<ul style="list-style-type: none"> • Support students accessing subject resources on Showbie. • Encourage students to actively participate in their three practical sports and/or attend school extra-curricular. • Check ClassCharts • Support in completion of homework and revision
Spring Term	<ul style="list-style-type: none"> - Prevention of Injury - Components of Fitness (revision) - Principles of Training (revision) - Methods of Training (revision) - Skeletal System (revision) - Muscular System (revision) - Levers, Planes and Axis (revision) - Cardiovascular System (revision) - Respiratory System (revision) 	<ol style="list-style-type: none"> 1. Identifying the 5 methods of reducing the risk of injury and providing examples. 2. Revision strategies and techniques for the components of fitness, principles of training, methods of training, and the main body systems. 3. Exam technique, understanding and developing application in answering exam questions. 4. Application of knowledge to sporting examples. 5. Recall and retention of key terms for each topic area. 	<p>Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p>	<ul style="list-style-type: none"> • Support students accessing subject resources on Showbie. • Encourage students to actively participate in their three practical sports and/or attend school extra-curricular. • Check ClassCharts • Support in completion of homework and revision
Summer Term				

Year 11 Curriculum Overview: GCSE PE Paper 2



	Topics/ content outline:	Powerful Knowledge (key concepts, skills)	What will you be assessed on?	How can you help at home?
Autumn Term	Sports Psychology Mental preparation Types of guidance Types of feedback	<ol style="list-style-type: none"> 1. Know mental preparation techniques and be able to apply practical examples to their use: • imagery • mental rehearsal • selective attention • positive thinking. 2. Understand types of guidance, their advantages and disadvantages, and be able to apply practical examples to their use: • visual • verbal • manual • mechanical. 3. Understand types of feedback and be able to apply practical examples to their use: • intrinsic • extrinsic • knowledge of performance • knowledge of results • positive • negative. 	Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	<ul style="list-style-type: none"> • Support students accessing subject resources on Showbie. • Encourage students to actively participate in their three practical sports and/or attend school extra-curricular. • Check ClassCharts • Support in completion of homework and revision
Spring Term	Health, fitness and well-being Diet and nutrition Physical activity and sport in the UK Participation in physical activity and sport	<ol style="list-style-type: none"> 1. know what is meant by health, fitness and well-being • understand the different health benefits of physical activity and consequences of a sedentary lifestyle: know the definition of a balanced diet 2. know the components of a balanced diet • carbohydrates • proteins • fats • minerals • vitamins • fibre • water and hydration • understand the effect of diet and hydration on energy use in physical activity • be able to apply practical examples from physical activity and sport to diet and hydration. 3. Be familiar with current trends in participation in physical activity and sport: 4. Understand how different factors can affect participation, 	Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	<ul style="list-style-type: none"> • Support students accessing subject resources on Showbie. • Encourage students to actively participate in their three practical sports and/or attend school extra-curricular. • Check ClassCharts • Support in completion of homework and revision
Summer Term	Commercialisation of sport Ethics in sport Drugs in sport Violence in sport	<ol style="list-style-type: none"> 1. understand the influence of the media on the commercialisation of physical activity and sport: know the meaning of commercialisation, including sport, sponsorship and the media (the golden triangle): understand the influence of sponsorship on the commercialisation of physical activity and sport: be able to apply practical examples to the issue of sponsorship. 2. know and understand: • the value of sportsmanship • the reasons for gamesmanship and deviance in sport. • be able to apply practical examples to these concepts. 3. know and understand the reasons why sports performers use drugs 	Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	<ul style="list-style-type: none"> • Support students accessing subject resources on Showbie. • Encourage students to actively participate in their three practical sports and/or attend school extra-curricular. • Check ClassCharts • Support in completion of homework and revision