

## Subject: GCSE PE

The AQA GCSE Physical Education specification has been designed to inspire teaching and learning. New contemporary topics will help students of all abilities develop a well-rounded skill set and prepare them for progression to further studies and employment within the sporting industry. Students will develop practical performance by developing skills, techniques and tactics in 3 different activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either team or an individual activity). Students will learn a range of different interesting and engaging topics from Applied anatomy and physiology to Sports psychology, giving them the skills, knowledge and confidence to progress and succeed.

### What students are learning through Year 10 and Year 11:

|         | Term 1  | Term 2   | Term 3   | Term 4   | Term 5   | Term 6   |
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| Year 10 | <p><b>Paper 1:</b><br/>The structure &amp; functions of the musculoskeletal system</p> <p><b>Paper 2:</b><br/>Classification of Skills</p> <p><b>Practical:</b><br/>Moderation Practice- X<br/>3 sports</p> | <p><b>Paper 1:</b><br/>The structure &amp; functions of the cardio-respiratory system</p> <p><b>Paper 2:</b><br/>The use of goal setting and SMART targets to improve performance</p> <p><b>Practical:</b><br/>Moderation Practice- X<br/>3 sports</p> | <p><b>Paper 1:</b><br/>Anaerobic &amp; Aerobic Exercise</p> <p><b>Paper 2:</b><br/>Basic Information processing</p> <p><b>Practical:</b><br/>Moderation Practice- X<br/>3 sports</p> | <p><b>Paper 1:</b><br/>The short- &amp; Long-Term effects of exercise</p> <p><b>Paper 2:</b><br/>Guidance and feedback on performance</p> <p><b>Practical:</b><br/>Moderation Practice- X<br/>3 sports</p> | <p><b>Paper 1:</b><br/>Lever Systems- examples of their use in activity and the mechanical advantage they provide</p> <p><b>Paper 2:</b><br/>Mental preparation for performance</p> <p><b>Practical:</b><br/>Moderation Practice- X<br/>3 sports</p> <p><b>Performance Analysis Assessment</b></p> | <p><b>Paper 1:</b><br/>Planes &amp; Axes of Movement</p> <p><b>Paper 2:</b><br/>Engagement Patterns of different social groups in physical activity &amp; sport</p> <p><b>Practical:</b><br/>Moderation Practice- X<br/>3 sports</p> |
| Year 11 | <p><b>Paper 1:</b><br/>The relationship between health &amp; fitness and the role that exercise plays in both</p> <p><b>Paper 2:</b></p>  | <p><b>Paper 1:</b><br/>The components of fitness, benefits for sport and how fitness is measured and improved</p> <p><b>Paper 2:</b></p>   | <p><b>Paper 1:</b><br/>Principles of training and their application to personal exercise/training programmes</p> <p><b>Paper 2:</b></p>  | <p><b>Paper 1:</b><br/>How to optimise training &amp; prevent Injury</p> <p><b>Paper 2:</b><br/>The consequences of a sedentary lifestyle</p>  | <p><b>Paper 1:</b><br/>Effective use of warm up &amp; cool down</p> <p><b>Paper 2:</b><br/>Energy use, diet, nutrition &amp; hydration</p>   | <p><b>Paper 1:</b><br/>Use of Data</p> <p><b>Paper 2:</b><br/>Revision</p>   |

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|  | <p>Commercialisation of physical activity &amp; sport</p> <p><b>Practical:</b><br/>Moderation Practice- X<br/>3 sports</p> | <p>Ethical &amp; Socio-cultural issues in Physical activity &amp; sport</p> <p><b>Practical:</b><br/>Moderation Practice- X<br/>3 sports</p> | <p>Physical, emotional &amp; social health, fitness &amp; wellbeing</p> <p><b>Practical:</b><br/>Moderation Practice- X<br/>3 sports</p> <p><b>Performance Analysis Assessment</b></p> | <p><b>Practical Moderation</b></p> | <p><b>Practical Moderation</b></p> |  |
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