



Subject: PE

Year 10 Curriculum Overview GCSE PE

2018-2019

Half Term 1 Unit Title	Subject Content / Knowledge	Applied anatomy and physiology - The human body and movement in Physical activity and sport (Skeletal and muscular system)
	Skills	The human anatomy and physiology looking closely at the bodily systems of the skeletal, muscular, respiratory and cardiac systems. The short and long term effects of exercise on the bod
	Assessment	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a 1 to 9** and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed.
Half Term 2 Unit Title	Subject Content / Knowledge	Movement analysis- The human body and movement in Physical activity and sport (Levers) Applied anatomy and physiology - The human body and movement in Physical activity and sport (Respiratory system)
	Skills	First, second and third levers within movement analysis
	Assessment	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a 1 to 9** and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed.
Half Term 3 Unit Title	Subject Content / Knowledge	Applied anatomy and physiology - The human body and movement in Physical activity and sport (Cardiorespiratory system)
	Skills	The human anatomy and physiology looking closely at the bodily systems of the skeletal, muscular, respiratory and cardiac systems. The short and long term effects of exercise on the body
	Assessment	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a 1 to 9** and recorded on flight paths,

		tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed.
Half Term 4 Unit Title	Subject Content / Knowledge	Applied anatomy and physiology - The human body and movement in Physical activity and sport (Cardiorespiratory system) Physical Training - The human body and movement in Physical activity and sport (Components of fitness)
	Skills	The human anatomy and physiology looking closely at the bodily systems of the skeletal, muscular, respiratory and cardiac systems. The short and long term effects of exercise on the body
	Assessment	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a 1 to 9** and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed.
Half Term 5 Unit Title	Subject Content / Knowledge	Physical Training - The human body and movement in Physical activity and sport (Components of fitness and types of training)
	Skills	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a 1 to 9** and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed.
	Assessment	The meaning of health and fitness. <ul style="list-style-type: none"> • The components of fitness used within different sports.
Half Term 6 Unit Title	Subject Content / Knowledge	Physical Training - The human body and movement in Physical activity and sport (Types of training)
	Skills	The types of training sports performers used to improve their performances. Ways to prevent injuries within sport
	Assessment	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a 1 to 9** and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed.



Subject: PE

Year 11 Curriculum Overview GCSE PE

2018-2019

Half Term 1 Unit Title	Subject Content / Knowledge	Psychology in Sport
	Skills	Psychology in Sport and how the mind can affect sporting performance. Skill and abilities – specifically looking at various skill continuums. Training and considers the different types of training that are available to individuals. That some form of training is essential for all performers to be able to improve all aspects of their performance. They will understand the importance of the correct, effective and safe training for them.
	Assessment	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a 1 to 9** and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed.
Half Term 2 Unit Title	Subject Content / Knowledge	Coursework completion
	Skills	Coursework completion – related to a specific sport of their choice.
	Assessment	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a 1 to 9** and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed.
Half Term 3 Unit Title	Subject Content / Knowledge	Socio-cultural influences and Commercialisation of PE and sport
	Skills	The role that school plays in providing opportunities for young people to become aware and educated about the value of taking part in regular physical activity. Influential factors that are likely to affect levels of participation among individuals, that include factors that the individual may not have any control over, such as ethnicity or gender, and those where some form of choice available regarding possible outcomes, such as family and peer pressure.

		The ways in which they can develop their interest and study PE, as well as the opportunities and pathways that might enable them to become or remain involved in physical activities.
	Assessment	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a 1 to 9** and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed.
Half Term 4 Unit Title	Subject Content / Knowledge	Ethical issues, Health and Fitness
	Skills	The impact and the importance that sport has as an international factor and as something that has a high profile throughout the world. The different influences in society that affect physical education and sport in its widest sense. Pupil will also look at the importance of ensuring that all physical activity is carried out safely, following all the guidelines and specific rules.
	Assessment	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a 1 to 9** and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed.
Half Term 5 Unit Title	Subject Content / Knowledge	Use of Data and Revision skills
	Skills	How to analyse their own performance looking at strengths and weaknesses, with ways to improve their performance.
	Assessment	Pupils will be assessed each lesson using various levels of questioning this will inform students and staff of the progress being made. Assessments are carried out at the end of every term in class and results are used to monitor progress of the pupils throughout the year. Assessments will be graded from a 1 to 9** and recorded on flight paths, tracking sheets and display boards in classrooms. An End of Year Assessment will be carried out in the summer term to cover all the topics completed.
Half Term 6 Unit Title	Key Dates	Pupils will undertake an End of Unit test after every unit of study – Pupils will complete 3 end of unit tests prior to completing a 4/5 mock exams at the end of year 11. The dates for these will be dependent on the group ability and pace of the class's progression.

