

GCSE PE CURRICULUM



Further and Higher Education courses: Physio / Rehab / Massage / Professional Sports Player

Careers: coach / teach nutrition / sports journalist / fitness instructor / sports science / rehab

Public services

Sporting academies

Apprenticeships in a range of sports-related areas



REVISION
Theory: Revision, retrieval and exam technique and practice.
Practical: External practical moderation.

REVISION AND COURSEWORK
Theory: Walking talking mock papers.
Coursework - analysis and evaluation (10% of final grade)
Practical: Finalise and complete practical's to be used for examination.

MOCK COURSEWORK PROJECT
Coursework: Analysis and evaluation (10% of final grade)
Practical: Finalise and complete practical's to be used for examination.

SOCIO-ECONOMIC FACTORS IN SPORT AND ETIQUETTE
Theory:
Performance and outcome goal, SMART targets
Information processing model.
Types of guidance and feedback
Define direct and indirect aggression, introverts and extroverts & intrinsic and extrinsic motivation.
Commercialisation.
Impacts of technology in sport
Understand the terms etiquette, sportsmanship, gamesmanship and contract to compete.
Explain positive and negative influences spectators can have at events.
Explain the relationship between sport, sponsorship and the media (The golden triangle). Identify the types of media and sponsorship that exist.
Factors that affect engagement patterns in sport.
Blood doping and drugs in sport
EPOC
Recovery processes from rigorous exercise.
Vasodilation and vasoconstriction, heart rate graphs.
Training thresholds and zones.
Practical:
Revisit one practical to complete final assessment grade.

YEAR 11

DEVELOPING LIFELONG EXERCISE HABITS
Engage and enjoy physical activity in a variety of sports/activities.

EXERCISE FOR LIFE
Engage and enjoy physical activity in a variety of sports/activities.
Stress management techniques.

EXERCISE FOR LIFE
Engage and enjoy physical activity in a variety of sports/activities.
Understand the importance of exercise and nutrition in brain function.

SKILL DEVELOPMENT
Engage and enjoy physical activity in a variety of sports/activities.
Continue to build and master skills.
Identify sports which can be continued once leaving school.

SKILL DEVELOPMENT
Engage and enjoy physical activity in a variety of sports/activities.
Work independently and as part of a team.
Build determination and resilience.

Zone 11 starts

COMMERCIALISATION
Theory:
Motivation.
Commercialisation of sport.
Media and sponsorship.
Technology in sport.
Spectators in sport.
Hooliganism.
Etiquette, sportsmanship and gamesmanship.
Practical: Athletics:
Perform the core skills/techniques in increasingly demanding and progressive drills.
This should involve direct objectively measured competitors.
The events can be assessed through competitive athletics at school or at club level (or higher).
Students should demonstrate their ability in both events against suitably challenging opponents

YEAR 10

DEVELOPING LIFELONG EXERCISE HABITS
Develop confidence and expertise within 2 summer sports contexts.
Continue to identify choices for lifelong healthy exercise habits and how students can build these into their own lifestyles.

SKILL DEVELOPMENT
Students will be selecting 3 core PE pathways to tailor their curriculum experience to promote lifelong engage in physical activity.
The pathways include: Core sports, Alternative sports, Performance (compulsory for GCSE students), Health and fitness and Leadership

SKILL DEVELOPMENT
Develop awareness of setting personalised targets.
Exercise safely.
Engage in at least 2 further activities.

EXERCISE FOR LIFE
Engage in at least 2 further activities.
Develop confidence and resilience.

EXERCISE FOR LIFE
Engage in at least 2 further activities.
Develop communication skills.
Develop ability to work as part as an effective team.

DEVELOPING LIFELONG EXERCISE HABITS
Participate in summer activities.
Continue developing healthy attitudes towards physical activity.
Improve analytical skills through observation of others.

DEVELOPING LIFELONG EXERCISE HABITS
Develop confidence and expertise within 2 summer sports contexts.
Start to identify choices for lifelong healthy exercise habits

EXERCISE FOR LIFE
Develop confidence and expertise within 2 further sporting contexts.
Develop awareness of healthy exercise and diet choices.

EXERCISE FOR LIFE
Develop confidence and expertise within 2 further sporting contexts.
Continue to build resilience and determination through challenges in games.

SKILL DEVELOPMENT
Develop confidence and expertise within 2 further sporting contexts.
Continue to develop analytical ability and awareness of how to improve performance.
Build resilience and determination through challenges in games.

SKILL DEVELOPMENT
Develop confidence and expertise within 2 further sporting contexts.
Develop confidence and expertise within 1 sporting contexts.
Develop analytical ability and awareness of how to improve performance.

CORE

YEAR 9

THE RESPIRATORY SYSTEM
Theory:
Pathway of air.
Inhaling and exhaling.
Understand a spirometer trace and how exercise affects this.
Gaseous exchange.
Capillaries, veins and arteries.
Vascular shunt, vasodilation and vasoconstriction.
Retrieval.
Practical: Badminton
Perform the core skills/techniques in increasingly demanding and progressive drills.
Perform in a fully competitive game of badminton.

MOVEMENT
Theory:
Antagonistic muscle pairs and actions.
Make links to muscles movements.
Isotonic and isometric movements and link to clear sporting actions.
Retrieval.
Practical: Badminton
Perform the core skills/techniques in increasingly demanding and progressive drills.
Perform in a fully competitive game of badminton.

THE MUSCULAR SYSTEM
Names of muscles.
Develop exam technique.
Warming up and cooling down.
Retrieval.

GCSE INTRODUCTION AND THE SKELETAL SYSTEM
Names and types of bones in the body.
Functions of the skeleton.
Skeletal system and movement.
Name and locations of muscles.
Role of tendons.
Structure of synovial joints.
Types of joint in the human body.
Retrieval.

GCSE

YEAR 8

ATHLETICS 1
Athletics:
Knowledge of safety in all events.
Replicate basic jumps, throws and running techniques.
Use techniques in competitive situations.
Describe weight transfer in throws, pacing for middles and long distance runs, speed and power for jumps.
Evaluate and comment on strengths and weaknesses in performance.
Theoretical knowledge:
Know two types of joint in the body.
Know the names of types of movement possible at joints.
Retrieval.

STRIKING & FIELDING GAMES 1
Rounders/ Softball/ Cricket:
Replicate basic throwing and catching techniques.
Use fielding techniques in conditioned games.
Bat and explain the importance of ball placement in relation to fielders.
Start to understand fielder's roles and positions.
Make effective evaluations about individual and team performances and suggest ways to improve.
Understand basic rules within game play.
Theoretical knowledge:
Know what aerobic and anaerobic respiration are.
Retrieval.

HEALTH, FITNESS AND PROBLEM SOLVING 1
HRE/ OAA:
Warm up correctly; know how to safely use the gym.
Identify some muscles names.
Can take heart rate, explain resting, working and recovery rates and how exercise effects these.
Name components of fitness and types of training.
Identify how some are important in relation to different sports.
Design a personalised training programme and work through it independently.
Work as effective member of a team.
Solve problems and overcome challenges.
Develop leadership, communication and listening skills.
Theoretical knowledge:
Know the terms resting, working and recovery heart rate.
Know how exercise effects heart rate.
Draw heart rate graphs.

GYMNASTICS 1
Gymnastics:
Warm up independently.
Basic performance of core skills of rotations jumps and balances.
Perform movements in sequences showing control, tension and fluidity.
Perform in unison and canon.
Comment on performances of others.
Perform basic vaults with support.
Understand safety and working effectively with others.
Theoretical knowledge:
Identify the functions of the skeleton.
Understand the basic mechanics of breathing.

INVASION GAMES 1
Football/ Rugby/ Netball/Handball:
Basic attacking and defending techniques.
Shooting techniques.
Knowledge of positions.
Teamwork through competitive play.
Evaluate strengths and weaknesses in performance.
Theoretical knowledge:
Name and locate bones in the body.
Retrieval.

Medical Mavericks

INTRODUCTION TO PE
Multi-skills:
A range of activities over 6-8 lessons.
Complete gym induction.
Theoretical knowledge:
How to warm-up correctly.
How to cool-down correctly.
Name and locate muscles in the body.
Retrieval.

YEAR 7

ATHLETICS 2
Athletics:
Replicate high quality techniques and develop advanced skills such as javelin, shot put and high jump.
Use techniques effectively in competitive situations.
Can perform as a timekeeper and measure safely across disciplines.
Understand rules of events.
Analyse performances and coach others.
Theoretical knowledge:
Name the immediate, short and long term effects of exercise.
Retrieval.

STRIKING AND FIELDING 2
Rounders/ Softball/ Cricket:
Replicate throwing and catching techniques and begin to use advanced skills such as spin bowling.
Understand all fielding positions and tactical strategies in both batting and fielding to overcome opponents.
Understand rules within game play and advanced rules such as 'misfield'.
Understand umpire calls; act as an umpire in games.
Analyse individual and team performances and suggest ways to improve through coaching ideas.
Theoretical knowledge:
Know the aerobic and anaerobic equations.
Know what 'DOMS' is.
Know recovery methods.
Retrieval.

HEALTH, FITNESS AND PROBLEM SOLVING 2
HRE/ OAA:
Perform fitness tests and identify own strengths and weaknesses.
Make links to components of fitness.
Identify main muscles and which equipment uses them.
Design a personalised training programme and work through it independently.
Overload the training programme using the principle of 'FITT'.
Explain and use reps and sets.
Identify thresholds of training.
Identify nutrients and gain an understanding of calories in food.
Solve problems and strategies to overcome challenges using effective communication.
Theoretical knowledge:
Use fitness testing.
Know the Principles of Training.
Retrieval.

GYMNASTICS 2
Gymnastics:
Perform part and full weight bearing balances in pairs and groups.
Perform movements in sequence with others showing control, tension and fluidity.
Knowledge of planes and axis of motion.
Perform a more complex range of vaults without support.
Understand safety and working effectively with others.
Theoretical knowledge:
Know the pathway of air into the body.
Explain gaseous exchange.
Retrieval.

INVASION GAMES 2
Football/ Rugby/ Netball/Handball:
Advanced throwing and catching techniques/passing and stopping techniques, application to games.
Knowledge of all positions, select best suited position for individual.
Analyse strengths and weaknesses in performance.
Understand umpiring decisions and instructions.
Communication through competitive game play, leading warm-ups and taking on umpiring/refereeing roles.
Theoretical knowledge:
Make links between bones and muscles and they work together to create movement.
Retrieval.

Medical Mavericks

LAUNCH OF EXTRA-CURRICULAR CLUBS

PRINCIPLES OF TRAINING WITHIN HEALTH AND FITNESS
Theory:
Short and long term effects of exercise on the body.
DOMS.
Health and fitness and their relationship.
Components of fitness
Principles of training
Fitness testing.
Qualitative and quantitative data.
Types of training.
Retrieval.
Practical: Athletics:
Perform the core skills/techniques in increasingly demanding and progressive drills.
Perform in a fully competitive competition.

Opportunities for all:

- 12 hour sports marathon
- Extra-curricular clubs
- District, county and national level competitions and fixture
- House events
- Spectating live professional sport
- Higher and further education visits
- Leadership opportunities

PE Ambassadors application opens

NET GAMES 1
Badminton:
Prepare for game play, set up courts safely. Identify names of lines and court areas. Use the forehand and backhand grip in a variety of basic shots. Maintain a rally. Perform low and high serves.
Understand the scoring system and basic tactics for singles. Umpire to control games.
Theoretical knowledge:
Know what aerobic and anaerobic respiration are. Know two types of joint in the body.
Know the names of types of movement possible at joints.
Explain the purpose of each phase of a warm-up and cool-down.
Identify prime movers and antagonists in muscle movements.
Retrieval.

ATHLETICS 1
Athletics:
Knowledge of safety in all events.
Replicate basic jumps, throws and running techniques.
Use techniques in competitive situations.
Describe weight transfer in throws, pacing for middles and long distance runs, speed and power for jumps.
Evaluate and comment on strengths and weaknesses in performance.
Theoretical knowledge:
Know two types of joint in the body.
Know the names of types of movement possible at joints.
Retrieval.

STRIKING & FIELDING GAMES 1
Rounders/ Softball/ Cricket:
Replicate basic throwing and catching techniques.
Use fielding techniques in conditioned games.
Bat and explain the importance of ball placement in relation to fielders.
Start to understand fielder's roles and positions.
Make effective evaluations about individual and team performances and suggest ways to improve.
Understand basic rules within game play.
Theoretical knowledge:
Know what aerobic and anaerobic respiration are.
Retrieval.

HEALTH, FITNESS AND PROBLEM SOLVING 1
HRE/ OAA:
Warm up correctly; know how to safely use the gym.
Identify some muscles names.
Can take heart rate, explain resting, working and recovery rates and how exercise effects these.
Name components of fitness and types of training.
Identify how some are important in relation to different sports.
Design a personalised training programme and work through it independently.
Work as effective member of a team.
Solve problems and overcome challenges.
Develop leadership, communication and listening skills.
Theoretical knowledge:
Know the terms resting, working and recovery heart rate.
Know how exercise effects heart rate.
Draw heart rate graphs.

GYMNASTICS 1
Gymnastics:
Warm up independently.
Basic performance of core skills of rotations jumps and balances.
Perform movements in sequences showing control, tension and fluidity.
Perform in unison and canon.
Comment on performances of others.
Perform basic vaults with support.
Understand safety and working effectively with others.
Theoretical knowledge:
Identify the functions of the skeleton.
Understand the basic mechanics of breathing.

INVASION GAMES 1
Football/ Rugby/ Netball/Handball:
Basic attacking and defending techniques.
Shooting techniques.
Knowledge of positions.
Teamwork through competitive play.
Evaluate strengths and weaknesses in performance.
Theoretical knowledge:
Name and locate bones in the body.
Retrieval.

INTRODUCTION TO PE
Multi-skills:
A range of activities over 6-8 lessons.
Complete gym induction.
Theoretical knowledge:
How to warm-up correctly.
How to cool-down correctly.
Name and locate muscles in the body.
Retrieval.

ATHLETICS 2
Athletics:
Replicate high quality techniques and develop advanced skills such as javelin, shot put and high jump.
Use techniques effectively in competitive situations.
Can perform as a timekeeper and measure safely across disciplines.
Understand rules of events.
Analyse performances and coach others.
Theoretical knowledge:
Name the immediate, short and long term effects of exercise.
Retrieval.

STRIKING AND FIELDING 2
Rounders/ Softball/ Cricket:
Replicate throwing and catching techniques and begin to use advanced skills such as spin bowling.
Understand all fielding positions and tactical strategies in both batting and fielding to overcome opponents.
Understand rules within game play and advanced rules such as 'misfield'.
Understand umpire calls; act as an umpire in games.
Analyse individual and team performances and suggest ways to improve through coaching ideas.
Theoretical knowledge:
Know the aerobic and anaerobic equations.
Know what 'DOMS' is.
Know recovery methods.
Retrieval.