



Curriculum Overview

Curriculum Area: GCSE Physical Education

Year: 10

Curriculum covered

Autumn Term:

Anatomy and physiology

- Develop knowledge of the components and functions of the skeletal system, muscular system, cardiovascular system, and respiratory system.
- *Effects of exercise.* Understand the short and long-term effects of exercise.
- *Movement Analysis.* Develop knowledge of levers, planes of movement, and axes of rotation.

Spring Term:

Physical Training

- Develop knowledge of components of fitness, fitness testing, principles of training, types of training, warming up and cooling down and preventing injuries.

Summer Term:

Controlled Assessment

- Pupils will complete a piece of coursework in which they will analyse and evaluate the performance of a peer of themselves.

Internal Assessment

Autumn Term:

Written assessments on:

- Skeletal; muscular system and movement analysis assessment
- Anatomy and physiology assessment including body systems, movement analysis, and effects of exercise

Spring Term:

Written assessments on:

- Physical Training assessment **including** components of fitness, fitness testing, principles of training, types of training, warming up and cooling down, and preventing injuries.

Summer Term:

- Year 10 summative assessment covering all of Component 1.

Exam Board/Exam Paper Requirements/% Weighting

Key dates (mocks and final exams)

OCR GCSE PE 9-1

- **Component 1** - 30% written examination on anatomy, physiology, and physical training
- **Component 2** – 30% written examination – socio-cultural issues and sports psychology
- **Component 3** – 40% practical assessment and analysing and evaluating performance. Pupils will be assessed in 3 sports and will complete a piece of coursework.

Helpful resources/revision guides/websites/exam preparation

- CGP GCSE OCR Physical Education Revision Guide
- CGP GCSE OCR Physical Education Exam Practice Workbook
- GCSE PE Simplified Revision Guide
- Use the above revision resources to revise
- Attend intervention/ revision sessions at every opportunity
- Attend practical training sessions to improve physical performance and overall grade



Curriculum Overview

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Curriculum covered

Autumn Term:

Sociocultural Influences:

- **Influences on participation** – develop knowledge of how the media, gender, ethnicity and religion, disability, disposable income, work and family commitments, age and the environment can influence participation in sport and physical activity
- **Commercialisation of sport** – develop knowledge of the relationships and interdependence of sports, sponsorship and the media
- **Ethical issues in sport** – develop knowledge of sportsmanship, gamesmanship, deviance, violence in sport and drugs in sport
- **Sports Psychology** – develop knowledge of different types of skills (for example motor skills), goal setting, mental preparation techniques (for example selective attention), types of guidance and types of feedback
- **Health fitness and well-being** – develop knowledge of the differences and links between physical, social and emotional health, sedentary lifestyles and diet and nutrition.

Spring Term:

Consolidation of all components:

- Complete/ finalise controlled assessment and recap core knowledge on both papers
- Prepare for practical moderation

Internal Assessment

Autumn Term:

- Written assessment on factors affecting participation, commercialisation of sport and ethical issues in sport
- **Mock 1 – assessment on Component 1 and 2:**
- Component 1 covering all anatomy and physiology
- Component 2 covering all sociocultural issues, sports psychology, and health, fitness, and well-being

Spring Term

- Component 3 moderation (practical and coursework)
- **Mock 2: Full Component 1 and 2 papers**

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