



# Years 10 & 11 Curriculum

## GCSE: Physical Education



Year 10	Term 1 (Autumn)		Term 2 (Spring)		Term 3 (Summer)		NEA
Topic	Focus on Paper 1 Theory	Focus on Paper 2 Theory	Focus on Paper 1 Theory	Focus on Paper 2 Theory	Focus on Paper 1 Theory	Focus on Paper 2 Theory	NEA - Analysis and Evaluation of Performance
<b>Key Concepts</b>	<ul style="list-style-type: none"> <li>• Fitness testing.</li> <li>• Components of fitness.</li> <li>• Structure and function of the skeletal system.</li> <li>• Synovial joints.</li> <li>• Joint actions</li> <li>• Structure &amp; function of the muscular system.</li> <li>• Agonist identification.</li> <li>• Lever systems.</li> <li>• Mechanical advantage.</li> <li>• Planes and axes</li> </ul>	<ul style="list-style-type: none"> <li>• Social Groups &amp; factors affecting participation.</li> <li>• The commercialisation of physical activity and sport.</li> <li>• Impact of technology on physical activity and sport</li> </ul>	<ul style="list-style-type: none"> <li>• Training Intensities</li> <li>• EPOC</li> <li>• Warm up &amp; Injury Prevention</li> <li>• Cool down &amp; Recovery methods</li> </ul>	<ul style="list-style-type: none"> <li>• Performance Enhancing Drugs (PED)</li> <li>• Conduct of performers.</li> <li>• Spectator behaviour at events</li> <li>• Hooliganism</li> </ul>	<ul style="list-style-type: none"> <li>• Training thresholds</li> <li>• Training seasons.</li> <li>• Principles of training.</li> <li>• Types of training</li> <li>• Altitude Training</li> <li>• Interval</li> <li>• Weight</li> <li>• Circuit</li> <li>• Fartlek</li> <li>• Continuous</li> <li>• Plyometric</li> <li>• Static stretching</li> </ul>	<ul style="list-style-type: none"> <li>• Summary of Paper 2 content covered in Year 10. Recap of focus areas.</li> </ul>	<ul style="list-style-type: none"> <li>• Analysis started in Autumn 2: Analyse personal strengths and weaknesses related to components of fitness and skills in chosen sport</li> <li>• Evaluation started in the Summer Term: Session plan designed to improve COF weakness</li> </ul>

Year 11	Term 1 (Autumn)		Term 2 (Spring)		Term 3 (Summer)	
Topic	Focus on Paper 1 Theory	Focus on Paper 2 Theory	Focus on Paper 1 Theory	Focus on Paper 2 Theory	Focus on Paper 1 and Paper 2 Theory	
<b>Key Concepts</b>	<ul style="list-style-type: none"> <li>• Structure of the heart.</li> <li>• Pathway of blood.</li> <li>• Blood vessels.</li> <li>• Blood volumes.</li> <li>• Anticipatory rise.</li> <li>• Structure of lungs.</li> <li>• Pathway of air.</li> <li>• Gaseous exchange.</li> <li>• Mechanics of breathing.</li> <li>• Spirometer trace</li> </ul>	<u>Sports Psychology</u> <ul style="list-style-type: none"> <li>• Skill continua</li> <li>• Information Processing model</li> <li>• Arousal</li> <li>• Target Setting</li> <li>• Feedback</li> <li>• Guidance</li> <li>• Aggression</li> <li>• Personality</li> <li>• Motivation</li> </ul>	<ul style="list-style-type: none"> <li>• Effects of exercise: immediate, short- and long-term effects on the muscular, cardiovascular and respiratory system.</li> </ul>	<ul style="list-style-type: none"> <li>• Physical, emotional and social wellbeing and fitness.</li> <li>• Consequences of a sedentary lifestyle</li> <li>• Somatotypes</li> <li>• Energy use</li> <li>• Balanced diet maintaining water balance</li> </ul>	<ul style="list-style-type: none"> <li>• Targeted Exam Revision</li> </ul>	

Practical	Term 1 (Autumn) in both Year 10 & Year 11		
Topic	One team sport	One Individual sport	One team or individual sport
<b>Key Concepts</b>	<ul style="list-style-type: none"> <li>• Part1- Performance of core skills in isolation and conditioned practice</li> <li>• Part 2 - Performance in fully competitive context</li> </ul>	<ul style="list-style-type: none"> <li>• Part1- Performance of core skills in isolation and conditioned practice</li> <li>• Part 2- Performance in fully competitive context</li> </ul>	<ul style="list-style-type: none"> <li>• Part 1- Performance of core skills in isolation and conditioned practice</li> <li>• Part 2- Performance in fully competitive context</li> </ul>

\* For a full list of sports, please see specification [available on the AQA website](#).



# Years 10 & 11 Assessment

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All pupils will sit several knowledge tests, chapter tests and a mock examination in Year 10. In Year 11, pupils will sit an initial assessment and a mock examination followed by further chapter tests.

	Year 10		Year 11			Revision Resources
	Knowledge Tests	Mock Exam	Assessment	Mock Exam	Assessment	
	Autumn/Spring Terms	Spring Term	Autumn Term	Autumn Term	Spring Term	
Style of Assessment	<b>Knowledge Test</b> This will consist of 20 multiple-choice questions (Paper 1 & Paper 2)	<b>Written Exam:</b> Pupils will sit two papers	<b>Written Exam:</b> Pupils will sit two tests of Year 10 content (Paper 1 & Paper 2)	<b>Mock Exams</b> Pupils will sit both Paper 1 & Paper 2.	<b>NEA Deadline</b>  <b>Practical Moderation</b>  <b>Chapter Test</b>	<i>Kennet Resources</i> <ul style="list-style-type: none"> <li>• Core Questions</li> <li>• Knowledge Organisers</li> <li>• Chapter glossary</li> <li>• Learning Habits</li> </ul> <i>External Resources</i> Year 11 revision pack
Topics Assessed	<b>Chapter Tests</b> (per half term)	These written papers will assess the topics learnt so far 2 x 50-minute papers	<b>Paper 1</b> <ul style="list-style-type: none"> <li>• Fitness Testing &amp; COF</li> <li>• Musculoskeletal System</li> <li>• Training Intensities</li> <li>• Types of Training</li> </ul> <b>Paper 2</b> <ul style="list-style-type: none"> <li>• Factors Affecting participation</li> <li>• Commercialisation</li> <li>• Technology in sport</li> <li>• PEDs</li> <li>• Performer conduct</li> <li>• Spectator behaviour</li> </ul>	Content as previously noted, with the addition of:  <b>Paper 1</b> Cardiorespiratory • <b>Paper 2</b> <ul style="list-style-type: none"> <li>• - Skill continua</li> <li>• - Information Processing</li> <li>• - Arousal</li> </ul>	<b>NEA:</b> <ul style="list-style-type: none"> <li>• Analysis &amp; Evaluation sections completed</li> <li>• Three sports assessed</li> </ul> <b>Chapter Test</b> <b>Paper 1</b> <ul style="list-style-type: none"> <li>• Cardiorespiratory</li> </ul> <b>Paper 2</b> <ul style="list-style-type: none"> <li>• - Sports Psychology</li> <li>• - Health &amp; Wellbeing</li> </ul>	