



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
Key Concepts	- Fitness testing. - Components of fitness. - Structure and function of the skeletal system. - Synovial joints. - Joint actions - Structure & function of the muscular system. - Agonist identification. - Lever systems. - Mechanical advantage. - Planes and axes	- Social Groups & factors affecting participation. - The commercialisation of physical activity and sport. - Impact of technology on physical activity and sport	- Training Intensities - EPOC - Warm up & Injury Prevention - Cool down & Recovery methods	- Performance Enhancing Drugs (PED) - Conduct of performers. - Spectator behaviour at events - Hooliganism	- Training thresholds - Training seasons. - Principles of training. - Types of training - Altitude Training - Interval - Weight - Circuit - Fartlek - Continuous - Plyometric - Static stretching	Summary of Paper 2 content covered in Year 10. Recap of focus areas.	- Analysis started in Autumn 2: Analyse personal strengths and weaknesses related to components of fitness and skills in chosen sport - Evaluation started in the Summer Term: Session plan designed to improve COF weakness

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	
Key Concepts	- Structure of the heart. - Pathway of blood. - Blood vessels. - Blood volumes. - Anticipatory rise. - Structure of lungs. - Pathway of air. - Gaseous exchange. - Mechanics of breathing. - Spirometer trace	<u>Sports Psychology</u> - Skill continua - Information Processing model - Arousal - Target Setting - Feedback - Guidance - Aggression - Personality - Motivation	Effects of exercise: immediate, short- and long-term effects on the muscular, cardiovascular and respiratory system.	- Physical, emotional and social wellbeing and fitness. - Consequences of a sedentary lifestyle - Somatotypes - Energy use - Balanced diet maintaining water balance	Targeted Exam Revision	

Practical	Term 1 (Autumn) in both Year 10 & Year 11		
Topic	One team sport	One Individual sport	One team or individual sport
Key Concepts	- Part1- Performance of core skills in isolation and conditioned practice - Part 2 - Performance in fully competitive context	- Part1- Performance of core skills in isolation and conditioned practice - Part 2- Performance in fully competitive context	- Part 1- Performance of core skills in isolation and conditioned practice - Part 2- Performance in fully competitive context

* 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	
	Autumn/Spring Terms	Spring Term	Autumn Term	Autumn Term	Spring Term	
Style of Assessment	Knowledge Test This will consist of 20 multiple-choice questions (Paper 1 & Paper 2) Chapter Tests (per half term)	Written Exam: Pupils will sit two papers	Written Exam: Pupils will sit two tests of Year 10 content (Paper 1 & Paper 2)	Mock Exams Pupils will sit both Paper 1 & Paper 2.	NEA Deadline Practical Moderation Chapter Test	<i>Kennet Resources</i> - Core Questions - Knowledge Organisers - Chapter glossary - Learning Habits <i>External Resources</i> Year 11 revision pack
Topics Assessed	Knowledge Test; - Fitness Testing & Social groups Chapter test; - Fitness Testing & COF/ - Musculoskeletal System - Factors Affecting participation - Commercialisation - Technology in sport - PEDs - Performer conduct - Spectator behaviour	These written papers will assess the topics learnt so far 2 x 50-minute papers	Paper 1 - Fitness Testing & COF - Musculoskeletal System - Training Intensities - Types of Training Paper 2 - Factors Affecting participation - Commercialisation - Technology in sport - PEDs - Performer conduct - Spectator behaviour	Content as previously noted, with the addition of: Paper 1 Cardiorespiratory • Paper 2 - Skill continua - Information Processing - Arousal	NEA: - Analysis & Evaluation sections completed - Three sports assessed Chapter Test Paper 1 - Cardiorespiratory Paper 2 - Sports Psychology - Health & Wellbeing	