



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	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Social Groups & factors affecting participation. The commercialisation of physical activity and sport. Impact of technology on physical activity and sport 	<ul style="list-style-type: none"> Training Intensities EPOC Warm up & Injury Prevention Cool down & Recovery methods 	<ul style="list-style-type: none"> Performance Enhancing Drugs (PED) Conduct of performers. Spectator behaviour at events Hooliganism 	<ul style="list-style-type: none"> Training thresholds Training seasons. Principles of training. Types of training Altitude Training Interval Weight Circuit Fartlek Continuous Plyometric Static stretching 	<ul style="list-style-type: none"> Summary of Paper 2 content covered in Year 10. Recap of focus areas. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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> <ul style="list-style-type: none"> Skill continua Information Processing model Arousal Target Setting Feedback Guidance Aggression Personality Motivation 	<ul style="list-style-type: none"> Effects of exercise: immediate, short- and long-term effects on the muscular, cardiovascular and respiratory system. 	<ul style="list-style-type: none"> Physical, emotional and social wellbeing and fitness. Consequences of a sedentary lifestyle Somatotypes Energy use Balanced diet maintaining water balance 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Part1- Performance of core skills in isolation and conditioned practice Part 2 - Performance in fully competitive context 	<ul style="list-style-type: none"> Part1- Performance of core skills in isolation and conditioned practice Part 2- Performance in fully competitive context 	<ul style="list-style-type: none"> 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 at: <https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582>



Years 10 & 11 Assessment

GCSE: Physical Education



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)	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	Kennet Resources <ul style="list-style-type: none"> • Core Questions • Knowledge Organisers • Chapter glossary • Learning Habits External Resources Year 11 revision pack
Topics Assessed	Knowledge Test; <ul style="list-style-type: none"> • Fitness Testing & Social groups Chapter test; <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Fitness Testing & COF • Musculoskeletal System • Training Intensities • Types of Training Paper 2 <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • - Skill continua • - Information Processing • - Arousal 	NEA: <ul style="list-style-type: none"> • Analysis & Evaluation sections completed • Three sports assessed Chapter Test Paper 1 <ul style="list-style-type: none"> • Cardiorespiratory Paper 2 <ul style="list-style-type: none"> • - Sports Psychology • - Health & Wellbeing 	