



Years 10 & 11 Curriculum

GCSE: Physical Education



Year 10	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 Theory	Focus on Paper 2 Theory	NEA - Analysis and Evaluation of Performance
Key Concepts	<ul style="list-style-type: none"> Components of fitness. Fitness testing. Structure and function of the skeletal system. Synovial joints. Joint actions 	<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"> Structure & function of the muscular system. Lever systems. Mechanical advantage. Planes and axes. Movement analysis 	<ul style="list-style-type: none"> Ethical Conduct of performers. Spectator behaviour (Hooliganism) Skill & ability. Goal & Target setting. Information processing 	<ul style="list-style-type: none"> Warm up & Cool down. Types of training. Principles of training. Preventing injury. Training seasons. Training thresholds 	<ul style="list-style-type: none"> Guidance and feedback. Arousal theory. Aggression theory. Personality types. Motivation theory 	<ul style="list-style-type: none"> Analysis of own performance in chosen sport, including strengths and weaknesses related to components of fitness and skills/tactics

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 2 Theory	
Key Concepts	<ul style="list-style-type: none"> Structure of the heart. Blood vessels. Pathway of blood. Blood volumes. Aerobic & anaerobic systems. Short- & Long-term effects on cardio-respiratory 	<ul style="list-style-type: none"> Physical, emotional and social wellbeing and fitness. Consequences of a sedentary lifestyle 	<ul style="list-style-type: none"> Structure of lungs. Gaseous exchange. Mechanics of breathing. Spirometer trace 	<ul style="list-style-type: none"> Somatotypes Energy use Balanced diet maintaining water balance 	<ul style="list-style-type: none"> 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"> Part1- 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 and a mock examination in Year 10. In Year 11, pupils will sit an assessment and a mock examination.

	Year 10		Year 11		Revision Resources
	Knowledge Tests	Mock Exam	Assessment	Mock Exam	
	Autumn/Spring Terms	Spring Term	Autumn Term	Spring Term	
Style of Assessment	Each knowledge test will consist of 20 multiple-choice questions	Written Exam: Pupils will sit two papers	Unit Test: Pupils will sit two-unit tests, based on Paper 1 & Paper 2	Written Exam	Kennet Resources <ul style="list-style-type: none"> • Core Questions • Knowledge Organisers • Learning Habits External Resources <ul style="list-style-type: none"> • www.theeverlearner.com You can also find additional revision material on Frog 
Topics Assessed	Core knowledge taught until that point in the academic year	These written papers will assess the topics learnt so far	Paper 1: <ul style="list-style-type: none"> • Types of Training • Cardiorespiratory Paper 2: <ul style="list-style-type: none"> • All content learnt • Psychology in Sport 	Pupils will sit both Paper 1 & Paper 2. These written papers will only assess the content learnt thus far	