

Exam board: AQA GCSE PE (9-1)			
	Year 9	Year 10	Year 11
Autumn term	<p><b>GCSE PE Theory:</b></p> <ul style="list-style-type: none"> <li>Anatomy and physiology.</li> <li>Key bones of the body.</li> <li>Key muscles of the body.</li> <li>Joints and movements of the skeleton.</li> <li>Antagonistic pairs.</li> <li>Isometric/isotonic contractions.</li> <li>The respiratory system.</li> </ul> <p><b>Practical Sports:</b></p> <ul style="list-style-type: none"> <li>Table tennis</li> <li>Badminton.</li> </ul>	<p><b>GCSE PE Theory:</b></p> <ul style="list-style-type: none"> <li>Movement analysis.</li> <li>Planes and axes of movement.</li> <li>Lever.</li> <li>Mechanical advantages/disadvantages of levers.</li> <li>Classification of skill.</li> <li>Goal setting.</li> <li>Arousal.</li> <li>Guidance and feedback.</li> </ul> <p><b>Practical Sports:</b></p> <ul style="list-style-type: none"> <li>Table Tennis</li> <li>Badminton</li> </ul>	<p><b>GCSE PE Theory:</b></p> <ul style="list-style-type: none"> <li>Physical training.</li> <li>The principles of training.</li> <li>Training methods.</li> <li>Components of fitness and fitness testing.</li> <li>Warm up and cool down.</li> <li>Preventing injury.</li> <li>Cardiac cycle.</li> <li>Blood vessels and redistribution of blood.</li> </ul> <p><b>Practical Sports:</b></p> <ul style="list-style-type: none"> <li>Table tennis</li> <li>Rock climbing</li> <li>Badminton</li> </ul> <p><b>Coursework:</b></p> <ul style="list-style-type: none"> <li>Performance analysis assessment.</li> </ul>
Spring term	<p><b>GCSE PE Theory :</b></p> <ul style="list-style-type: none"> <li>Gaseous exchange.</li> <li>Diffusion.</li> <li>Mechanics of breathing.</li> <li>The heart.</li> </ul> <p><b>Practical Sports:</b></p> <ul style="list-style-type: none"> <li>Basketball.</li> <li>Netball.</li> </ul>	<p><b>GCSE PE Theory</b></p> <ul style="list-style-type: none"> <li>Cultural and Social issues in sport.</li> <li>Performers conduct.</li> <li>Negative influence of drugs in sport.</li> <li>Commercialisation of sport.</li> <li>Technology in sport.</li> <li>Health Fitness and well- being.</li> </ul> <p><b>Practical Sports:</b></p> <ul style="list-style-type: none"> <li>Basketball.</li> <li>Netball.</li> </ul>	<p><b>GCSE PE Theory</b></p> <ul style="list-style-type: none"> <li>Lung volumes.</li> <li>The respiratory system.</li> <li>Planes and axes of movement.</li> <li>Lever.</li> <li>Mechanical advantages/disadvantages of levers.</li> <li>Sports psychology.</li> <li>Exam revision, practical revision.</li> </ul> <p><b>Practical Sports:</b></p> <ul style="list-style-type: none"> <li>Basketball.</li> <li>Netball.</li> <li>Football.</li> </ul>

## CURRICULUM OVERVIEW: KS4 GCSE PE

<b>Summer term</b>	<p><b>GCSE PE Theory:</b></p> <ul style="list-style-type: none"> <li>• Aerobic and anaerobic exercise.</li> <li>• EPOC.</li> <li>• Recovery process.</li> <li>• The effects of exercise.</li> </ul> <p><b>Practical Sports:</b></p> <ul style="list-style-type: none"> <li>• Football.</li> <li>• Athletics.</li> </ul>	<p><b>GCSE PE Theory:</b></p> <ul style="list-style-type: none"> <li>• Physical training.</li> <li>• The principles of training.</li> <li>• Training methods.</li> <li>• Components of fitness.</li> <li>• Fitness testing.</li> </ul> <p><b>Practical Sports:</b></p> <ul style="list-style-type: none"> <li>• Football.</li> <li>• Athletics.</li> </ul> <p><b>Coursework:</b></p> <ul style="list-style-type: none"> <li>• Performance analysis assessment.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Revision for exam.</b></li> </ul>
<b>Assessment</b>	<ul style="list-style-type: none"> <li>• Internally assessed practical performances throughout every half term (written feedback is given to students).</li> <li>• Students are regularly assessed, through a combination of formative and summative assessments throughout the year.</li> </ul>	<ul style="list-style-type: none"> <li>• Internally assessed practical performances throughout every half term (written feedback is given to students).</li> <li>• Coursework is externally assessed.</li> <li>• Students are regularly assessed, through a combination of formative and summative assessments throughout the year.</li> </ul>	<ul style="list-style-type: none"> <li>• Students are regularly assessed, through a combination of formative and summative assessments throughout the year.</li> <li>• Internally assessed practical performances throughout every half term (worth 30% of the overall grade).</li> <li>• 2 written exams in summer term (worth 60% of overall grade)</li> <li>• Coursework is externally assessed (worth 10% of the overall grade).</li> </ul>