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| **Exam board:** *AQA GCSE PE (9-1)***Course Breakdown:** **Paper 1** - *The human body and movement in physical activity and sport.* – **30% Examination** **Paper 2** - *Socio-cultural influences and well-being in physical activity and sport* - **30% Examination****Practical -** *Practical performance in physical activity and sport* – **40% (including 10% Coursework – Performance and Analysis)** |
|  | **Year 9** | **Year 10** | **Year 11** |
| **Autumn term 1** *(7 weeks -17.5Hrs)*  | **GCSE PE Theory *(7x50mins):**** Anatomy and physiology.
* Key bones of the body.
* *Bone names, types of bones, functions of the skeleton.*
* Key muscles of the body.
* *Muscles, contractions, muscle types.*

**Practical Sports (7x100mins):** * Table tennis
* *Forehand, Backhand, Lob, smash, Serves & spin. Rules and gameplay.*

**NC Link*****1-****Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounder’s, rugby and tennis).* ***2-****Develop their technique and improve their performance in other competitive sports* | **GCSE PE Theory *(7x50mins):*** * Movement analysis.
* Planes and axes of movement.
* Sporting and practical examples for each.
* Levers.
* Sporting and practical examples for each.
* EFL, ELF, FEL
* Mechanical advantages/disadvantages of levers.
* Rules for each to aid memory.

**Practical Sports (7x100mins):** * Table tennis
* *Forehand, Backhand, Lob, smash, Serves & spin. Rules and gameplay/Competitions. Refine and progress techniques learnt. Challenge pupil’s to progress.*

**NC Link*****1-****Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounder’s, rugby and tennis).* ***2-****Develop their technique and improve their performance in other competitive sports* | **GCSE PE Theory *(7x100mins):**** Physical training.
* The principles of training.
* *SPORT/FITT*
* *Aerobic/Anaerobic Respiration*
* Training methods
* Each individual training method. Positive and negatives of each and sporting examples.
* Components of fitness and fitness testing.
* Examples of each supported by different athletes and sport.

**Practical Sports (7x50mins):** * Table tennis
* *Forehand, Backhand, Lob, smash, Serves & spin. Rules and gameplay/Competitions. Refine and progress techniques learnt. Challenge pupil’s to progress. Mock assessments and assessment day routines.*

**Coursework:** * Performance analysis assessment
* Link to performers sport. Format and structure of writing.

**NC Link****1-***Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounder’s, rugby and tennis).* **2*-****Develop their technique and improve their performance in other competitive sports****3-****Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.* |
| **Autumn term 2***(7 weeks -17.5Hrs)*  | **GCSE PE Theory *(7x50mins):**** Joints and movements of the skeleton.
* *Different types of joints*
* *Different movements available.*
* *Linked to sporting examples*.
* Antagonistic pairs.
* *Different movements.*
* *Different pairs.*
* *Sporting examples*.
* Isometric/isotonic contractions.
* *Sporting examples*.
* The respiratory system.
* *Inhalation/Exhalation*
* *Pathway of air*

**Practical Sports (7x100mins):** * Badminton.
* *Overhead clear, underarm clear, smash, drop shot and service. Rules and regulations. Gameplay.*

**NC Link*****1-****Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounder’s, rugby and tennis).* ***2-****Develop their technique and improve their performance in other competitive sports.* | **GCSE PE Theory *(7x50mins):**** Classification of skill.
* *Skill continuum*
* *Sporting examples*
* Goal setting.
* *SMART Goals.*
* *Importance SMART Goals*
* *Difference in different sports.*
* *Practical and Sporting examples*.
* Arousal
* *Inverted U theory*
* *Sporting Examples*
* Guidance and feedback.
* *Difference between the two.*
* *Sporting examples*

**Practical Sports (7x100mins):** * Badminton
* *Overhead clear, underarm clear, smash, drop shot and service. Rules and regulations. Gameplay/Competitions. Refine and progress techniques learnt. Challenge pupil’s to progress.*

**NC Link*****1-****Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounder’s, rugby and tennis).* ***2-****Develop their technique and improve their performance in other competitive sports.* | **GCSE PE Theory *(7x100mins):**** Warm up and cool down.
* *Link to prevention of injury*
* *Different stages*
* *Benefits*
* Preventing injury.
* *Before and after performance.*
* *Link to Warm up*
* *Nutrition*
* Cardiac cycle.
* *Cardiac output*
* *Structure of the heart.*
* Blood vessels and redistribution of blood.
* *Types of vessels*
* *Details and directions*

**Practical Sports (7x50mins):** * Badminton
* *Overhead clear, underarm clear, smash, drop shot and service. Rules and regulations. Gameplay/Competitions. Refine and progress techniques learnt. Challenge pupil’s to progress.*
* *Mock assessments and assessment day routines.*

**NC Link*****1-****Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounder’s, rugby and tennis).* ***2-****Develop their technique and improve their performance in other competitive sports****3-****Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best..* |
| **Spring term***(6 weeks -15Hrs)* | **GCSE PE Theory *(6x50mins):**** Gaseous exchange.
* *Definitions and pictures.*
* *Spirometer trace*
* Diffusion.
* *Capillaries*
* *Carbon dioxide*
* *Oxygen*

**Practical Sports (6x100mins):** * Netball.
* *Positions & rules and regulations.*
* *Passing, interceptions, fouls footwork, dodging, and shooting.*

**NC Link*****1-****Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounder’s, rugby and tennis).* ***2-****Develop their technique and improve their performance in other competitive sports.* | **GCSE PE Theory *(6x50mins):**** Cultural and Social issues in sport.
* *Participation levels*
* *Disadvantaged groups*
* Performers conduct.
* *Etiquette, sportsmanship, gamesmanship and contract to compete*
* Negative influence of drugs in sport.
* *Beta blockers, anabolic steroids, diuretics & blood doping.*

**Practical Sports (6x100mins):** * Netball.
* *Positions & rules and regulations.*
* *Passing, interceptions, fouls footwork, dodging, and shooting.*

**NC Link*****1-****Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounder’s, rugby and tennis).* ***2-****Develop their technique and improve their performance in other competitive sports.* | **GCSE PE Theory *(6x100mins):**** Lung volumes.
* *Recap of the lungs and shape and key terms.*
* The respiratory system.
* *Recap of inhalation/exhalation*
* *Mechanics of breathing*
* *Diffusion*
* *Gaseous Exchange*
* Planes and axes of movement.
* *Sporting examples*
* *How the two can cross*
* Levers.
* *EFL, ELF, FEL*

**Practical Sports (6x50mins):** * Football
* *Long passing, short passing, dribbling, shooting, heading, tackling and crossing. The correct technique for all.*
* *Shape and formation. Application and decision making in game play. Emphasis on defending and attacking and working as a team.*
* *Set plays and goal keeper work if required.*

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| **Spring term***(6 weeks -15Hrs)* | **GCSE PE Theory *(6x50mins):**** Mechanics of breathing.
* *Recap of inhalation/exhalation*
* *Diffusion*
* *Gaseous Exchange*
* *The Lungs*
* The heart.
* *Cardiac output*
* *Structure of the heart.*
* *Flow of blood*
* *Recap of blood vessels*

**Practical Sports (6x100mins):** * Basketball.
* *Dribbling, handling, passing and shooting.*
* *Games rules and regulations.*
* *Game play*
* *Competitions*

**NC Link*****1-****Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounder’s, rugby and tennis).* ***2-****Develop their technique and improve their performance in other competitive sports.* | **GCSE PE Theory *(6x50mins):**** Commercialisation of sport.
* *Golden Triangle*
* *Types of sponsorship*
* *Types of Media*
* *Positive and negatives*
* Technology in sport.
* *Introduction to new technology*
* *Positive and negatives*
* *Effect of spectators, officials and gameplay.*
* Health Fitness and well- being.

**Practical Sports (6x100mins):** * Basketball.
* *Dribbling, handling, passing and shooting.*
* *Games rules and regulations.*
* *Game play*
* *Competitions*

**NC Link*****1-****Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounder’s, rugby and tennis).* ***2-****Develop their technique and improve their performance in other competitive sports.* | **GCSE PE Theory *(6x100mins):**** Mechanical advantages/disadvantages of levers
* Sporting and practical examples for each.
* EFL, ELF, FEL
* Sports psychology.
* *Arousal – Inverted U*
* *Aggression*
* *Introvert/Extrovert*
* *Intrinsic/Extrinsic*
* Exam revision, practical revision.

**Practical Sports (6x50mins):** *\*\*Dependant on cohort and sports assessed\*\*** Basketball.
* *Dribbling, handling, passing and shooting.*
* *Games rules and regulations.*
* *Game play*
* *Competitions*
* Netball
* *Positions & rules and regulations.*
* *Passing, interceptions, fouls footwork, dodging, and shooting.*

**NC Link*****1-****Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounder’s, rugby and tennis).* ***2-****Develop their technique and improve their performance in other competitive sports****3-****Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.* |
| **Summer term 1** | **GCSE PE Theory *(6x50mins):**** Aerobic and anaerobic exercise.
* *Sporting examples*
* *% of MHR*
* *Calculating MHR*
* *Practical theory*
* EPOC.
* *Recovery*
* *Sporting examples*

**Practical Sports (6x100mins):*** Athletics
* *Shot put, javelin, discuss, long jump, high jump, 100m, 200m, 300m, 600m.*

**NC Link*****1-****Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounder’s, rugby and tennis).* ***2-****Develop their technique and improve their performance in other competitive sports.* | **GCSE PE Theory *(6x50mins):*** * Physical training.
* *Practical theory and sporting examples*
* The principles of training.
* *SPORT/FITT*
* *Aerobic/Anaerobic Respiration*

**Practical Sports (6x100mins):** * Athletics
* *Shot put, javelin, discuss, long jump, high jump, 100m, 200m, 400m, 800m and 1500m*

**Coursework:** * Performance analysis assessment.
* Link to performers sport. Format and structure of writing.

**NC Link*****1-****Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounder’s, rugby and tennis).* ***2-****Develop their technique and improve their performance in other competitive sports.****3-****Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.* | * **Revision for exam.**
 |
| **Summer term 2** | **GCSE PE Theory *(6x50mins):**** Recovery process.
* *Link to warm up and cool down*
* *Nutrition*
* The effects of exercise.
* *Immediate, short term and long term.*
* *Effects on the body.*

**Practical Sports (6x100mins):*** Football.
* *Long passing, short passing, dribbling, shooting, heading, tackling and crossing. The correct technique for all.*
* *Shape and formation. Application and decision making in game play.*

**NC Link*****1-****Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, hockey, netball, rounder’s, rugby and tennis).* ***2-****Develop their technique and improve their performance in other competitive sports.* | **GCSE PE Theory *(6x50mins):**** Training methods
* Each individual training method. Positive and negatives of each and sporting examples.
* Components of fitness and fitness testing.
* Examples of each supported by different athletes and sport

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 |
| **Assessment** | **Year 9 Assessment*** Internally assessed practical performances throughout every half term (written feedback is given to students).
* Students are regularly assessed, through a combination of formative and summative assessments throughout the year.

**Autumn 1***Theory*Knowledge test on topics learnt.*Practical- Table Tennis*Analysis of basic shots and understanding of the rules**Autumn 2***Theory*Knowledge test on topics learntExam on content covered so far.*Practical – Badminton*Analysis of basic shots and understanding of the rules**Spring 1***Theory*Knowledge test on topics learnt.*Practical – Netball*Analysis of basic shots and understanding of the rules**Spring 2***Theory*Knowledge test on topics learntExam on content covered so far.*Practical – Basketball*Analysis of basic shots and understanding of the rules**Summer 1***Theory*Knowledge test on topics learnt.*Practical – Athletics*Analysis of basic shots and understanding of the rules**Summer 2***Theory*Exam on content covered so far*Practical- Football*Analysis of basic shots and understanding of the rules | **Year 10 Assessment*** Internally assessed practical performances throughout every half term (written feedback is given to students).
* Coursework is externally assessed.
* Students are regularly assessed, through a combination of formative and summative assessments throughout the year.

**Autumn 1***Theory*Knowledge test on topics learnt.*Practical- Table Tennis*Analysis of basic shots and understanding of the rules. Introduction of reflection and improvement. Link to principles.**Autumn 2***Theory*Exam on content covered. *Practical – Badminton*Analysis of basic shots and understanding of the rulesIntroduction of reflection and improvement. Link to principles.**Spring 1***Theory*Knowledge test on topics learnt.*Practical – Netball*Analysis of basic shots and understanding of the rulesIntroduction of reflection and improvement. Link to principles.**Spring 2***Theory*Knowledge test on topics learntExam on content covered so far.*Practical – Basketball*Analysis of basic shots and understanding of the rulesIntroduction of reflection and improvement. Link to principles.**Summer 1***Theory*Knowledge test on topics learnt.*Practical – Athletics*Analysis of basic shots and understanding of the rulesIntroduction of reflection and improvement. Link to principles.**Summer 2***Theory*Full paper 1 and 2 taken in PC4*Practical- Football*Analysis of basic shots and understanding of the rulesIntroduction of reflection and improvement. Link to principles. | **Year 11 Assessment*** Students are regularly assessed, through a combination of formative and summative assessments throughout the year.
* Internally assessed practical performances throughout every half term (worth 30% of the overall grade).
* 2 written exams in summer term (worth 60% of overall grade)
* Coursework is externally assessed (worth 10% of the overall grade).

**Autumn 1***Theory*Knowledge test on topics learnt. PC1*Practical- Table Tennis*Breakdown/mock practical assessment – looking at key skills needed for assessment day. In isolation and competitive environment.**Autumn 2***Theory*Full Paper 1 – Main Hall – PC2*Practical – Badminton*Breakdown/mock practical assessment – looking at key skills needed for assessment day. In isolation and competitive environment..**Spring 1***Theory*Full Paper 2 – Main Hall – PC3*Practical – Netball/ Basketball*Breakdown/mock practical assessment – looking at key skills needed for assessment day. In isolation and competitive environment.**Spring 2***Theory*Paper 1 and Paper 2 – PC4 – main Hall*Practical – Football*Breakdown/mock practical assessment – looking at key skills needed for assessment day. In isolation and competitive environment.***PRACTICAL MODERATION*****Summer 1**Exam Season.**Summer 2**Exam Season |