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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.*   **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):***   * 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   **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.* | * **Revision for exam.** |
| **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 learnt  Exam 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 learnt  Exam 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 rules  Introduction 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 rules  Introduction of reflection and improvement. Link to principles.  **Spring 2**  *Theory*  Knowledge test on topics learnt  Exam on content covered so far.  *Practical – Basketball*  Analysis of basic shots and understanding of the rules  Introduction 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 rules  Introduction 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 rules  Introduction 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 |