



# PE GCSE



OPTION - PE GCSE	Content
Year 10 HT 1	Students will complete the topics of paper 1 of the course in theory lessons. This will cover physical training including the components of fitness, fitness testing and applying the principles of training. They will also cover preventing injuries in sport. At the end of each topic they will complete a milestone assessment within class. In Practical lessons they will complete half term blocks of activity including: Rugby, Badminton, Netball, trampolining, basketball and Dance.
Year 10 HT 2	Students will begin to explore paper 2 topics of the course in theory lessons. Over the term will cover: Engagement patterns, commercialisation, Ethical and socio-cultural issues and sports psychology. At the end of each topic they will complete a milestone assessment within class. In Practical lessons they will complete half term blocks of activity including: Rugby, Badminton, Netball, trampolining and Dance.
Year 10 HT 3	Students will continue to explore paper 2 topics of the course in theory lessons. Over the term will cover: Ethical and socio-cultural issues and sports psychology. At the end of each topic they will complete a milestone assessment within class. In Practical lessons they will complete half term blocks of activity including: Rugby, Badminton, Netball, trampolining and Dance.
Year 10 HT 4	Students will continue to explore paper 2 topics of the course in theory lessons. Over the term will cover: asports psychology and characteristics of skillful movements. At the end of each topic they will complete a milestone assessment within class. In Practical lessons they will complete half term blocks of activity including: Rugby, Badminton, Netball, trampolining and Dance.
Year 10 HT 5	Students will continue to explore paper 2 topics of the course in theory lessons. Over the term will cover: Diet and nutrition and Health and well being. At the end of each topic they will complete a milestone assessment within class. In Practical lessons they will focus upon Athletics and gaining the technical and tactical knowledge of a variety of both track and field events.
Year 10 HT 6	Students will continue to explore paper 2 topics of the course in theory lessons. Over the term will cover: Diet and nutrition and Health and well being. At the end of each topic they will complete a milestone assessment within class. At the end of the year they will complete full past papers for both paper 1&2 content. In Practical lessons they will focus upon Athletics and gaining the technical and tactical knowledge of a variety of both track and field events.
Year 11 HT 1	In theory over the first half term students will prepare for their Analysis of Performance (AeP) coursework. This will be completed in the week prior to half term. In practical lessons students will develop their skills in preparation for moderation later in the year. Each half term activities will be assessed and rotated to cover the main sports being used by the students as their practical sports. Students will be invited to moderation sessions in Football, Netball and Badminton.
Year 11 HT 2	Students will focus upon revision and preparation for the mock exams. The revision lessons will cover both paper 1 and paper 2 topics. Students will be lead through exam practice in preparation for the mocks. In practical lessons students will refine their abilities in their chosen sports. Students will also be invited to moderation sessions in and Rugby and Basketball
Year 11 HT 3	In Theory lessons students in GCSE PE will continue a period of revision of both paper 1 and paper 2 content in reflection to the november mocks.prepare for the end of half term mocks. In practical lessons students will finalise their chosen sports and refine their abilities within lessons and also experience practice moderation sessions in Trampolineing, Dance and Table tennis.
Year 11 HT 4	In Theory lessons students in GCSE PE will prepare for the end of half term mocks. They will be revising various topics across both paper 1 and paper 2 content. In practical lessons students will finalise their chosen sports and refine their abilities within lessons and also experience practice moderation sessions in table tennis. An internal mock moderation practical will occur prior to the Easter break.
Year 11 HT 5	All GCSE PE lessons will be theory based and will be focusing upon preparation for their final exams. They will be revising both paper 1 and 2 content. Practical moderation will be held with selected students taking part in a days moderation at a cluster centre.