



PE GCSE



OPTION - PE GCSE	Content
Year 10 HT 1	In Theory Students will be introduced to the skeletal and muscular systems. With a review test on all work covered. Students will learn about bones, muscles and joints of the body. In practical lessons students will complete a half term unit on either: Football, Badminton, Table tennis or Netball
Year 10 HT 2	In Theory Students will be introduced to the concept of movement analysis, looking at planes of motion and axis of rotation. Students will also look at the circulatory system of the body and the effects that exercise has upon it. In practical lessons students will complete a half term unit on either: Football, Badminton, Table tennis, Netball or Basketball
Year 10 HT 3	In Theory Students will be introduced to the respiratory system and the effects that exercise has upon it in sport. Students will also learn about the short and long term effects that training has upon the body systems. In practical lessons students will complete a half term unit on either: Football, Badminton, Table tennis or Netball
Year 10 HT 4	In Theory Students will be introduced to the components of fitness, principles of training and the prevention of injuries in sport. In practical lessons students will complete a half term unit on either: Football, Badminton, Table tennis, Netball and Basketball.
Year 10 HT 5	In theory lessons students will begin to prepare for their AeP coursework looking at the 6 sections of the compulsory coursework. In Practical lessons students will complete fitness tests required to gather data for their AeP Coursework.
Year 10 HT 6	In Theory students will complete their AeP coursework and prepare themselves for the end of year exams looking at all aspects of paper 1 content covered over the year. In practical lessons students will complete a unit on Athletics.
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 Trampolining, 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.