

Year 10 and 11 Edexcel GCSE Physical Education Curriculum Intent

The Physical Education department aims to provide year 10 and 11 students with a challenging and diverse curriculum that not only meets the needs of the Edexcel GCSE PE curriculum, but also develops a wide range of skills to assist further studies as well as employability.

To enable students to develop a holistic understanding of physical education – stimulating content is at the heart of this engaging qualification. Students will receive a well-rounded and full introduction to the world of PE, sport and sport science through the combination of physical performance and academic challenges.

To enable students to develop a holistic understanding of physical education – stimulating content is at the heart of this engaging qualification. Students will receive a

well-rounded and full introduction to the world of PE, sport and sport science through the combination of physical performance and academic challenges.

- Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge and understanding to improve

performance

- Understand how the physiological and psychological state affects performance in physical activity and sport
- Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- Develop their ability to analyse and evaluate to improve performance in physical activity and sport
- Understand the contribution that physical activity and sport make to health, fitness and wellbeing
- Understand the key socio-cultural influences that can affect people's involvement in physical activity and sport
- Students will develop a multitude of skills, including numeracy, communication and an understanding of practical performances in order to support progression to the next level of study. The blend of scientific and social knowledge positions students to access a range of qualifications.

Year 10 and 11 GCSE Physical Education

- Students will take part in both classroom based, theory lessons and practical lessons.
- Students will need to be assessed practical in three different sports (1 team, 1 individual and 1 more of choice) - 40% of the overall course mark.
- Students need to plan, complete and evaluate a Personalised Exercise Plan (PEP) - 10% of the overall mark.
- Students will complete two written exam papers - 60% of your overall mark.

Year 10 GCSE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Aquire	The Skeletal system: • Functions of Skeleton • Classification of bones, naming and application in sport • Classification of joints, ligaments and tendons • Movement at joints The Muscular system: • Classification of muscle types • Location and role of voluntary muscles • Antagonistic pairs of muscles • Fast and slow twitch muscle fibres • Aerobic and anaerobic exercise	The Cardiovascular system: • Functions of CV system and blood vessels • Structure of CV system • Structure of blood vessels Vascular shunt mechanism • Components of blood • Key terms for CV system – SV, BP, HR, Q • Short and long term effects of exercise on CV system • Graphical interpretation of SV and Q	The Respiratory system: • Structure of respiratory system, including alveoli and gaseous exchange. • Key terms for respiratory system, inhaled and exhaled air. • Short and long term effects of exercise on respiratory system. • How the respiratory and CV systems work together • Health, exercise, fitness and performance. • Components fitness	Fitness, training and injury: • Methods of training • Principles of training • Training thresholds • Warm-up / cool down • Injuries and RICE • Injury prevention and PARQ	Health and Lifestyle choices: • Physical, Social and Emotional Health • Lifestyle choices • Consequences of sedentary lifestyle and Trends • Diet: Macro, micro nutrients, water, fibre. • Energy balance • Factors affecting optimum weight	Personalised exercise plan completion. Work through coursework. Analyse data for fitness testing and improvements.

			(health and skill). ● Fitness tests			
Apply	Understanding the functions of the skeleton and how it relates to sport and exercise. Know the different movement types and be able to give a sporting example for each. Understand the muscle types and how it relates to physical activity. Explain how the Skeletal and muscular system are working together. Explain the Long term training effects and benefits on muscular and skeletal systems and how this can benefit performance.	Explain how the CV system works during sport and exercise. What are the long term and short term benefits on the CV to exercise? How does this effect performance? The route blood takes through the heart and names of the valves and chambers.	Identify the roles of the respiratory system. Explain the mechanics of breathing. Explain gaseous exchange and its role within sport and exercise. How does the cardio vascular and respiratory system work together? Explain aerobic and anaerobic exercise and how it benefits performance. Understand the short term effects of exercise on stroke volume Understand the short term effects of exercise on Heart Rate	Understand the different types o training and link them to components of fitness. How to apply the principles of training to improve performance and apply to the PEP. Complete a range of methods of training. Explain the advantage and disadvantages of methods of training. Explain the main injuries that occur in sport and give sporting examples.	Understand what makes up a balance diet. Explain the different aspect of diet and types of nutrients. Explain what each type of food does for our body and how it effects performance. Explain positive health choices and how this can effect perofrmance. Explain and understand the consequences of a sedentary lifestyle.	

			Short term effect of exercise on cardiac output.			
Vocabulary	Type I Type IIa Type IIx Antagonistic muscle pair Agonist Antagonist Deltoid Triceps Biceps Pectoralis major Lattisimus dorsi Externatl obliques Geuteals hamstring hip flexors quadriceps Tibialis major	Red blood cells White blood cells Plasma Platelets Tricuspid valve Bicuspid valve Semi- Lunar valve Aorta Vena cava Pulmonary artery Pulmonary vein Blood vessels Arteries Veins Capillaries	Inhalation /Exhalation Diaphragm Trachea Bronchi Brinchioles Lungs Ribs Intercostal muscles Alveoli Gaseous Exchange Diffusion Heart rate Cardiac Output Stroke Volume Tidal Volume Vasodialation Vasoconstriction	State of physical, mental and social wellbeing (Health) Fitness Performance Weight training Fartlek training Continuous training Plyometric training Interval training Cicuit training Flexibility training Specificity Progressive overload Frequency of training Time training Type of training Reversibiility Rest and recvery	Stress Blood pressure Obesity Hypertension Type 2 diabetes. Optimun weight Calories Carbohydrates Protein Fibre Fats Carbo loading Vitamins Nutrients	
Assessment	Milestone 1: Questions on skeletal system and Muscular system.	Milestone 2: Questions on the Cardiovasclar system.	Milestone 3: Questions on therespiratory system.	Milestone 4: Questions on fitness training and sports injuries. Planning and completion of PEP.	Milestone 5: PEP Completion PPE Exam of year 10 content	Milestone 6: PEP Completion and write up.

	Year 11 GCSE PE					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Aquire	● Classification of skills ● Practice structures and choices ● Goal setting principles (SMART) setting and reviewing	● Guidance ● Feedback ● Mental preparation ● Impact on participation ● Data interpretation Commercialism, advantages and disadvantages	Sporting behaviour and deviance ● Performance enhancing drugs Practical Moderation practice in lessons.	● First, second and third class levers ● Mechanical advantage and disadvantage ● Planes and axes Practical Moderation (2 day moderation with Edexcel moderator visit)	Revision ● Exam technique and use of past paper questions and Exam Component 1	Exam Component 2
Apply	Understand and explain the different classifications of skill. Understand practice structures and choices and give examples for each. To understand the importance of setting SMART goals and explain what is meant by SMART goals. To be able to apply SMART goals to the PEP and review their success.	Understand and explain the various types of guidance in sport. To be able to explain types fo feedback and the benefits and drawbacks of each type. To understand how important mental preperation is and explain techniques in mentally preparing for performance.	To give examples of different sporting behaviour and devience, understand the effect it can have on sport and performance. Understand the effects of performancing enhancing drugs, explain the effect of individual PEDS and give examples of sports performers who have been caught using PEDS	To understand first, second and third class levers and give sporting examples for each. Understand the mechanical advantages and disadvantages. Explain planes and axis and be able to identify planes and axis from certain sporting examples and types of movement.	Apply revision technique and exam question preparation to complete Component 1 exam.	Apply revision technique and exam question preparation to complete Component 1 exam.

		To explain and give examples on what can effect participation in sport and exercise. To be able to interpret data and explain the advantages and disadvantages of commericalisation.	and what their punishment was.			
Vocabulary	Open skill Closed skill Basic skill Complex skill Fixed practice Varied practice Self paced External paced	Visual guidance Verbal guidance Manual guidance Mechanical guidance Sport Media Sponsorship Golden triangle	Sportsmanship Gamesmanship Etiquette Respect Performance enhancing drugs (PEDs) EPO Doping Recreational	Frontal Sagittal Vertical axis Sagittal plane Tranverse plane Frontal plane	Assess Analyse Calculate Classify Complete Define Describe Discuss Examine	Assess Analyse Calculate Classify Complete Define Describe Discuss Examine
Assessment	Milestone assessment on classification of skill, practice structure, goal setting and SMART targets.	Milestone assessment on guidance, feedback, mental preperation and impact of participation.	PEP exam (Paper 1 and 2) Practice practical moderations of practical sports.	Practical Moderation of 3 highest scoring sports. Milestone assessment on Planes, levers and axis.	Final GCSE Exam.	Final GCSE Exam.

