

GCSE Physical Education Year 10

Half term 1	<p>Students will cover the main principles of Health, fitness and well-being They will understand the contribution physical activity makes to health and fitness and conversely the consequences of a sedentary lifestyle. This term will conclude with components of fitness. Practically students will be performing Basketball</p>
Half term 2	<p>Students will look at how to measure health and fitness. How fitness can be improved through methods of training. With a specific focus on Continuous, interval, fartlek weight, plyometric and flexibility. Practically students will be performing Basketball</p>
Half term 3	<p>Students will look at the 'Golden Rules' of training and Training Zones. The importance of a Warm up and Cool down. In addition students will learn the importance of the SPORT and FID principles and how they can be applied to improve performance. Practically students will be performing Badminton</p>
Half term 4	<p>Students will look at the importance of a balanced diet and other aspects of nutrition which are important for sports performance. The topic area of the skeletal system and its structure, function and links to physical activity. Practically students will be performing Badminton</p>
Half term 5	<p>Students will study the Cardiorespiratory and Vascular systems. They will look at the structure and function and links to physical activity. Practically students will be performing fitness circuit training programme.</p>
Half term 6	<p>Students will cover the energy systems. Specifically the Aerobic and Anaerobic systems and their productivity. In addition the students will focus on the short and long term effects of exercise. Practically students will be performing Swimming</p>
Independent study expectations	<p>Students will be expected to commit to extra-curricular sessions to further their practical development. In addition student who are offering activities outside of the school practical sessions will be expected to gather video evidence for submission.</p>
By the time you finish key stage 5 you'll be...	

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Half term 1	Psychology of Sport Information processing, goal setting and mental preparation. Understand why performers need to be motivated and maintain a level of arousal ready for competition.
	Practical focus: Swimming
Half term 2	Psychology of Sport The function of feedback including knowledge of results and knowledge of performance. The types of guidance including verbal, visual, manual, mechanical. The relationship of guidance and feedback to stages of learning - cognitive, associative, autonomous. Characteristics of a skilled performance: technique, consistency, accuracy, efficiency, effectiveness, confidence, control and aesthetics. Classification of activities along a continuum including basic/complex, open/closed and self/externally paced. Make connections between the classification of skill and type of practice.
	Practical focus: Badminton
Half term 3	Technology of Sport The role of technology in analysis of movement, improvement in performance as well as its role in officiating and coaching. The positive and negative effects of technological developments. The relationship between sporting activities and movement analysis. How to use technology to analyse movement and sports performance to improve performance.
	Socio-cultural issues in physical activity and sport The factors that contribute to participation, provision and performance in sport and exercise. Up to date strategies and personal experiences that impact upon participation. Factors that affect participation will focus on family, gender, society, peers, cost, access, role models. The influence of school physical education programme, extra-curricular and wider curriculum. Physical literacy, physical activity, health and wellbeing and impacts on children's development. The links between media and commercialisation.
Half term 4	Practical focus: Basketball
	Socio-cultural issues in physical activity and sport continued Provision for a variety of target groups to include: gender, race, disability. Strategies for increased involvement for these groups. The commercialisation of sport including the role of media, advertising and globalisation of sport. Ethical issues, including gamesmanship, sportsmanship, financial issues, deviance e.g. drug taking to improve performance.
Half term 5 & 6	Revision and exam preparation