

Year Group: 10

Subject: GCSE PE

Term: Summer 2021

Topic	Key Learning points	Assessments
<b>Revision and Recap</b>	Somatotypes Nutrition & Energy & Water Skill Classification Goals & SMART targets Information Processing Feedback & Guidance Arousal & Stress Management Personality & Aggression Motivation	Students will be formatively assessed each half term during an in class test using past exam paper questions. <ul style="list-style-type: none"><li>• Before each assessment students will complete a revision homework</li><li>• After each assessment there will be an opportunity for students to review their understanding</li><li>• Full analysis of the paper to review strengths and areas of weakness linked to topic areas or styles of questions.</li></ul>
<b>Coursework</b>	<u>Preparation</u> Skills of Rounders/Rules of Rounders/Game play Break down of skill/Analysis of skills through video/Preparation/Execution/Recovery <u>Writing</u> Analysis of performance - Component of Fitness Strength & Component of Fitness weakness Analysis of performance - Skills Strength & Skill Weakness Analysis of performance - Use of video/Data analysis/observational analysis Action plan for fitness weakness - Improvements to be made/Training method & measure Application of FITT and SPORT to action plan Other areas of the course - Inverted U/Personality/Aggression/Stress management	<ul style="list-style-type: none"><li>• Full analysis of the paper to review strengths and areas of weakness linked to topic areas or styles of questions.</li></ul> <p>All assessments will be marked by teachers and results recorded and used to stretch and challenge as appropriate.</p>
<b>Practical Grading</b>	<u>Football</u> Passing/receiving - either foot/long, short/accuracy Dribbling - moving with the ball/either foot. Shooting - at goal Wing play and crossing for attackers playing a through ball to attackers. First touch - Heading/Chest/Knee & control of ball Tackling - jockeying, closing down and marking. Game Play - Set play from side line or corners/Tactics/formations/Full games and rules <u>Athletics</u> Sprints - Full start stance and finish (dipping) 100m & 200m/races and timing Middle distance - 800m/1500m/ Start, the break and sprint finish/races and timing Throws – Shot(Grip, stance, shuffle) Javelin(Grip, stance, crossover) Discus (Grip, stance, spin (WITHOUT DISCUS)) Full techniques and distance Competition - Final Grades gathered for All events and video footage where possible	<p>Assessment and grading of practical sports will also begin, likely to be sports including Hockey, Basketball and Netball.</p>