

Year Group: 10	Subject: GCSE PE	Term: Summer 2022
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Topic	Key Learning points	Assessments
Revision and Recap	Movement analysis – Levers, Mechanical advantage, Planes & Axis Health & Fitness - Mental & social Health, Physical health & wellbeing Sedentary Lifestyle, Obesity & 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"> • Before each assessment students will complete a revision homework • After each assessment there will be an opportunity for students to review their understanding • Full analysis of the paper to review strengths and areas of weakness linked to topic areas or styles of questions.
Learn	Describe PEDs including their side effects Explain which performers take PEDs and why Describe and explain the process of Blood doping and which athletes would use it. Describe and explain why and who would take Beta Blockers Advantages & Disadvantages of PEDs	
Exam Technique	Understand how to answer AO1 questions Understand how to answer AO2 questions Understand how to answer 6 markers questions Understand how to answer a 9 mark Application of exam Technique for 6 & 9 markers	All assessments will be marked by teachers and results recorded and used to stretch and challenge as appropriate.
Coursework	<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	Assessment and grading of practical sports will also begin, likely to be sports including Athletics