

Subject Curriculum Overview for Academic Year 2022/2023

Subject: GCSE PE		Subject Leader: Miss Dix	Year Group: 10	AUTUMN TERM
Topic	Key Learning Points	Key Vocabulary	Assessments	
Recap	Skeleton Components of fitness & fitness testing Muscle names and location Exercise intensity Cardio Respiratory system Training zone calculations Training methods	Types of bone, bone names & locations Joint types & movement patterns Antagonistic pairs, types of contraction Anaerobic & aerobic Gas exchange Heart & pathway of blood & blood vessels Respiratory & cardiac measures High altitude, plyometric, weight, circuit & static stretching	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. All assessments will be marked by teachers and results recorded and used to stretch and challenge as appropriate.	
Movement Analysis	Identify, draw and apply the 3 class of levers to sporting examples Sporting actions for all Mechanical advantage, label the arms and recognise which class of lever have a mechanical advantage or disadvantage Understanding of mechanical advantage in relation to the three lever systems. Labelling of the effort arm and resistance arm on lever drawings, and interpretation of the mechanical advantage of that lever. Label the planes & axis and know sporting actions	First, second- and third-class lever systems Fulcrum, load (resistance), effort Mechanical advantage Planes (frontal, transverse, sagittal) Axes (longitudinal, transverse, sagittal)		
Health, Fitness & Well-being	Define physical, mental health & wellbeing and explain the benefits of exercise Define sedentary lifestyle and explain the possible consequences of a sedentary lifestyle and impact on sporting performance Causes of ill health (physical); causes ill health (mental); causes ill health (social) Define the different somatotypes	Health & Fitness, mental health and social health & wellbeing Obesity, sedentary heart disease, hypertension, diabetes Endomorph, mesomorph & ectomorph Carbohydrates, fat, protein, vitamins and minerals		

Subject Curriculum Overview for Academic Year 2022/2023

Sports Psychology	<p>Balanced diet and the nutrients they contain required</p> <p>Calories and explain energy expenditure The effects of dehydration and the impact on performance</p> <p>Skills Classification</p> <p>Types of Goals SMART Target</p>	<p>Calories and explain energy expenditure Dehydration</p> <ul style="list-style-type: none"> • basic/complex • open/closed • self-paced/externally paced • gross/fine • performance goals • outcome goals • specific • measurable • accepted • realistic • time bound 		
Subject:		Subject Leader:	Year Group:	SPRING TERM
Topic	Key Learning Points	Key Vocabulary	Assessments	
Sports Psychology	<p>Information processing</p> <p>Feedback</p> <p>Guidance</p> <p>Inverted U theory</p> <p>Stress management techniques</p> <p>Personality</p>	<p>Input, decision making, output and feedback, selective attention, memory, intrinsic, extrinsic extrinsic/intrinsic, positive/negative, knowledge of results/knowledge of performance visual, verbal, manual, mechanical arousal, the relationship between arousal level and performance level deep breathing, mental rehearsal/ visualisation/ imagery, positive self-talk, introvert, extrovert, aggression, motivation, indirect, direct</p>	<p>Students will be formatively assessed each half term during an in class test using past exam paper questions.</p> <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 	
Socio- Cultural Influences	<p>Social Groups</p> <p>Commercialisation</p> <p>Technology</p> <p>Conduct of Performer</p>	<p>Engagement patterns, gender, race/religion/culture, age, family/friends/peers, disability, attitudes, role models, accessibility (to</p>		

Subject Curriculum Overview for Academic Year 2022/2023

<p>Revision and Recap</p>	<p>Cardio Respiratory Training Methods Biomechanics Health & Fitness</p>	<p>facilities/clubs/activities), media coverage, sexism/stereotyping , culture/religion/religious festivals, family commitments, available leisure time familiarity, education, socio-economic factors/disposable income, adaptability/inclusiveness, sponsorship, media, financial, clothing and equipment including footwear, facilities, performer , sport, official, audience/spectator, Hawkeye, Television Match Official, etiquette, sportsmanship, gamesmanship , contract to compete, performance enhancing drugs, stimulants, narcotic analgesics, anabolic agents, peptide hormones (EPO), diuretics, hooliganism</p> <p>Blood vessels, respiratory & cardiac measures training zone calculation</p> <p>High altitude training, plyometric training, aerobic training methods, weight training, circuit training, static stretching, seasonal aspects of training, SPORT & FITT, long term effects of exercise, short term effects of exercise, immediate effects of exercise, warm ups, cool downs, injury prevention, EPOC movement analysis, levers, mechanical advantage, planes & axis, mental & social health, physical health & wellbeing, sedentary lifestyle</p>	<p>strengths and areas of weakness linked to topic areas or styles of questions.</p> <p>All assessments will be marked by teachers and results recorded and used to stretch and challenge as appropriate.</p>
----------------------------------	--	--	---

Subject Curriculum Overview for Academic Year 2022/2023

Subject:		Subject Leader:	Year Group:	SUMMER TERM
Topic	Key Learning Points		Key Vocabulary	Assessments
Socio- Cultural Influences	Social Groups		Engagement patterns, gender, race/religion/culture, age, family/friends/peers, disability, attitudes • role models, accessibility (to facilities/clubs/activities), media coverage, sexism/stereotyping, culture/religion/religious festivals, family commitment, available leisure time, familiarity, education, socio-economic factors/disposable income, adaptability/inclusiveness	<p>Students will be formatively assessed each half term during an in class test using past exam paper questions.</p> <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. <p>All assessments will be marked by teachers and results recorded and used to stretch and challenge as appropriate.</p> <p>End of Year exams will be completed towards the end of the term. Students will</p>
	Commercialisation		Sponsorship, media, financial, clothing and equipment including footwear, facilities, performer, sport, official, audience/spectator	
	Technology		Hawkeye, Television Match Official	
	Conduct of Performer		Etiquette, sportsmanship, gamesmanship , contract to compete, performance enhancing drugs, stimulants, narcotic analgesics, anabolic agents, peptide hormones (EPO), diuretics,	
	Conduct of Spectators		Hooliganism	
Revision and Recap	Health & Fitness		Obesity, somatotypes, nutrition, energy, water	
	Sports Psychology		Targets, SMART	

Subject Curriculum Overview for Academic Year 2022/2023

		<p>Input, decision making, output and feedback, selective attention, memory, intrinsic, extrinsic /intrinsic, positive/negative, knowledge of results/knowledge of performance visual, verbal, manual, mechanical arousal, the relationship between arousal level and performance level Deep breathing, mental rehearsal/ visualisation/ imagery, positive self-talk introvert, extrovert, aggression, motivation, indirect, direct</p>	<p>experience a full paper for the first time</p> <p>A full past paper 2 – Socio – Cultural influences and well-being in physical activity and sport 78 marks, 75 minutes</p>
How parents can support learning in the subject this academic year			
<p>Take an interest in the subject Support with Homework Ensuring students have all the correct equipment including PE uniform for practical lessons Keep PE teachers informed of any long term injuries or illnesses that may impact participation of practical elements</p>			
Recommended Reading			
<p>Text book Purple Revision Guides SENECA Learning GCSE bitesize AQA specification</p>			
Points to note			
<p>Majority of these lessons will be classroom based giving lots of opportunity for completion of coursework, revision and application of knowledge to exam style questions particularly in the summer term in preparation for their first full paper Written Coursework is started in the summer term so some lessons are in computer rooms Sports that are not offered at school but, students wanting to be assessed in, should make themselves known to the teacher to ensure guidance is given on gaining correct video evidence to support practical grades. Core PE lessons will also be used to begin to grade students in their chosen sports Ultimately the best three scoring sports will be put forward</p>			