

Subject Curriculum Overview for Academic Year 2022/2023

Subject: GCSE PE		Subject Leader: Miss Dix	Year Group: 11	AUTUMN TERM
Topic	Key Learning Points	Key Vocabulary	Assessments	
Coursework Part 2 Action Plan	Identify the fitness weakness and begin to create the action plan Link to fitness weakness from part 1 Identify and define a suitable training method. Justify and evaluate the method Training method – Justify use with Advantages & disadvantages Create the session plan including safety and timings, pictures, Structure Warm up & cools down with Timings Describe how to complete the session and carry out the activities Description of how to complete each stage of session Individual activity instructions Calculate the exercise intensities needed for the training method. Justify the training zone and link to your fitness weakness and sport Max HR calculations, Training zone calculations, Justification Anaerobic/anaerobic zone linking to your sport Describe and explain the long term impact of the training plan Impact of training plan, Improvements physiologically, Impact on performance Link psychology unit to the action plan and explain the importance to improve performance weaknesses. SPORT & FITT, Inverted U theory, Somatotypes, Personality, Motivation	Identify skills and rules of a sport, Analyse skills and break down into 3 phases - Preparation, Execution, Recovery Analysis of performance Identify the Impact of skill and fitness strength and weaknesses on performance Analysis of performance action plan informed by the fitness weakness Action plan for fitness weakness Apply SPORT & FITT to the action plan	NEA Coursework submitted This is completed and handed to staff for marking and grades to be submitted in preparation of moderation in the summer term Mock exams Will be completed in the mock exam period A full past Paper 1 –The human body and movement in physical activity and sport 78 marks, 75 minutes	
Coursework Part 1 improvements	Make improvements using teacher feedback against the assessment grid Update and improve using peer, teacher feedback and assessment criteria			
Part 2 Action Plan	Make improvements using teacher feedback against the assessment grid Update and improve using peer, teacher feedback and assessment criteria			
Coursework HAND IN DEADLINE	Print, staple and sign sheets Candidate numbers Reference lists			

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Subject: GCSE PE		Subject Leader: Miss Dix	Year Group: 11	SPRING TERM
Topic	Key Learning Points	Key Vocabulary	Assessments	
Revision and Recap	<p>Sports Psychology</p> <p>Health Fitness and well being</p> <p>Socio Cultural</p> <p>Anatomy & Physiology</p>	<p>Skills, Goal & Targets. Information Processing, guidance & feedback, Arousal, Personality, Aggression & Motivation, Inverted U theory, Stress management techniques Physical, Emotional, Social fitness and Well Being, Somatotypes & Obesity, Nutrition & Hydration Participation groups, spectators and behaviour, Commercialisation, Sponsorship & Technology , Performance Enhancing Drugs Muscular– Skeletal & Cardio-Respiratory systems</p>	<p><i>Practical Grades</i> Submitted The exam board will receive all grades for the NEA, 3 sports and the coursework marks in preparation for moderation in the summer term.</p> <p><i>Mock exams</i> Will be completed in the mock exam period</p>	
Exam Technique	<p>Applying knowledge to A01</p> <p>Applying knowledge to A02</p> <p>Applying knowledge to A03</p>	<p>Calculate, Complete, Apply, Define, Draw, Give, Identify, Label, Name, Plot, Sketch, State Comment, Consider, Contrast, Describe, Explain, Outline, Suggest</p> <p>Analyse, Compare, Assess, Discuss, Evaluate, Interpret Justify</p>	<p>A full past paper 2– Socio – Cultural influences and well-being in physical activity and sport 78 marks, 75 minutes</p>	

Subject Curriculum Overview for Academic Year 2022/2023

Subject: GCSE PE		Subject Leader: Miss Dix	Year Group: 11	SUMMER TERM
Topic	Key Learning Points		Key Vocabulary	Assessments
Revision and Recap	Sports Psychology		Skills, Goal & Targets. Information Processing, guidance & feedback, Arousal, Personality, Aggression & Motivation, Inverted U theory, Stress management techniques	<p><i>Practical grading Moderation</i></p> <p>The exam board will select a sample of students who would be required to perform in their sports for an external moderate to verify grades.</p> <p><i>Final exams</i></p> <p>Will be completed in the summer exam series, usually in May</p> <p>Paper 1 –The human body and movement in physical activity and sport 78 marks, 75 minutes</p> <p>Paper 2 – Socio – Cultural influences and well-being in physical activity and sport 78 marks, 75 minutes</p>
	Health Fitness and well being		Physical, Emotional, Social fitness and Well Being, Somatotypes & Obesity, Nutrition & Hydration	
	Socio Cultural		Participation groups, spectators and behaviour, Commercialisation, Sponsorship & Technology , Performance Enhancing Drugs	
	Anatomy & Physiology		Muscular– Skeletal & Cardio-Respiratory systems, effects of exercise, Anaerobic & Aerobic, Recovery, EPOC	
	Physical Training		Components of Fitness – Speed, agility, strength, power, flexibility, balance, co-ordination, cardiovascular endurance, muscular endurance, reaction time. Testing methods and training methods	
	Movement Analysis		Planes and axis of movements, movement patterns, levers, mechanical advantage	

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How parents can support learning in the subject this academic year

Take an interest in the subject
Support with Homework
Reminders and support of NEA deadlines
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/ practical grading

Recommended Reading

Text book
Purple Revision Guides
Purple Workbooks
SENECA Learning
GCSE bitesize
AQA specification

Points to note

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.
Written Coursework will be completed by Christmas
Any video evidence to support practical grades should be submitted by February half term
Final practical grades submitted by Easter
Core PE lessons will also be used to grades students in their chosen sports
Ultimately the best three scoring sports will be put forward.