Physical Education GCSE 2022 – 2023 Year 9

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 9 Intent The first year of the GCSE course offers students the opportunity to learn about the key body systems and they impact health, fitness and performance in physical activity and sport. Students will develop their theoretical knowledge and understanding of applied anatomy and physiology so thar they can use this knowledge to analyse, evaluate performance. **10 assessments**	***Health, Fitness and Well-being (Paper 2: Health and Performance)*** • Physical, emotional and social health • Lifestyle choices • Impact of lifestyle choices • Sedentary lifestyles and consequences	***Health, Fitness and Well-being (Paper 2: Health and Performance)*** • Balanced diet and the role of nutrients • Dietary manipulation for sport ***Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)*** • Functions of the skeletal system • Classification of bones • Structure of the skeletal system	***Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)*** • Classification and roles of muscles • Location and roles of key voluntary muscles • Antagonistic muscles	***Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)*** • Structure and function of the cardiovascular system • Arteries, capillaries and veins • Vascular shunting • Components of blood and their significance for physical activity	***Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)*** • Respiratory system – composition of air; lung volumes • Location and roles of principal components of respiratory system • Structure and function of alveoli • Energy sources; aerobic and anaerobic exercise and short term effects of exercise	***Sport Psychology (Paper 2: Health and Performance)*** • Goal setting – SMART targets • Classification of skills • Forms of practice – theory and practical application • Types of guidance – theory and practical application • Mental preparation for performance; Types of feedback • Sports psychology – use of data • Revision of Year One content
	Assessment AO1, AO2, A03 1. Baseline Test 2. Physical, Emotional and Social	**Assessment A01,A02,A03** 1. Diet and Optimum Weight 2. Skeletal System	**Assessment A01,A02,A03** 1. Muscular system	**Assessment A01,A02,A03** 1. Cardiovascular System	**Assessment A01,A02,A03** 1. Respiratory System	**Assessment A01,A02,A03** 1. Forms of practice, guidance and feedback 2. Year 9 Mock exam Component 1 3. Year 9 mock exam Component 2
	Skills Why do people participate in sport and why do some people choose not to?	**Skills** Apply knowledge of what different athletes require different types of nutrition/ what is the importance and why?	**Skills** Understand what muscles are used in different sporting movements and actions	**Skills** Apply knowledge to a variety of sports and athletes. Who and when they would work effectively	**Skills** Applying knowledge developed to practical sessions understanding the importance of working aerobically or anaerobically	**Skills** Develop knowledge of different types of practice – develop in practical sessions
	Knowledge Physical, Emotional and Social well being	**Knowledge** Diet and Nutrition Skeletal System	**Knowledge** Muscular System	**Knowledge** Cardiovascular System	**Knowledge** Respiratory System	**Knowledge** Goal Setting /classification of skills Forms of practice/ guidance/ feedback

Physical Education GCSE 2022 – 2023 Year 10

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 10 Intent The purpose of this year is to assess students' skills in analysing and evaluating performance through a personal exercise programme (PEP) in order to improve performance in a chosen physical activity. Students will develop knowledge and understanding of the principles of training, relevant methods of training and use the data in order to analyse and evaluate their PEP. **9 assessments**	***Health, Fitness and Well-being (Paper 1:Fitness and Body Systems)*** • An introduction to using a PEP to develop fitness, health, exercise and performance • PARQs; warm ups and cool downs • Components of fitness	***Health, Fitness and Well-being (Paper 1:Fitness and Body Systems)*** • Principles of training • Application of principles of training to a PEP • Methods of training • Application of methods of training to a PEP	***Health, Fitness and Well-being (Paper 1:Fitness and Body Systems)*** • Long term effects of training on the musculo-skeletal system • Long term effects of training on the cardio-respiratory system	***Health, Fitness and Well-being (Paper 1:Fitness and Body Systems)*** • Identification and treatment of injury • Injury prevention in physical activity • Performance enhancing drugs	***Socio-cultural Influences (Paper 2: Health and Performance)*** • Factors affecting participation in physical activity • Participation rate trends – use of data • Commercialisation and the media • Advantages and disadvantages of commercialisation	***Socio-cultural Influences (Paper 2: Health and Performance)*** • Sporting behaviours • Deviance in sport • Review paper 1 content • Review paper 2 content
	Assessment (coursework) Component 4: NEA (10%)	**Assessment (Coursework)** Component 4: NEA (110%)	**Assessment A01,A02,A03** 1. Muscular- skeletal system 2. Cardio – respiratory system	**Assessment A01,A02,A03** 1. Injuries 2. Performance enhancing drugs	**Assessment A01,A02,A03** 1. Factors affecting participation 2. Commercialisation	**Assessment A01,A02,A03** 1. Sporting behaviour and deviance 2. Year 10 Mock exam Component 3. Year 10 mock exam Component 2
	Skills Students to develop their own 6 week personal exercise programme to develop a component of fitness	**Skills** Students to carry out the 6 week training programme. Analyse the results	**Skills** Develop knowledge of long term effects of exercise on the 4 body systems	**Skills** Develop knowledge of different types of injuries that can occur in sport. Understand why some people choose to take performance enhancing drugs and the effects .	**Skills** Applying knowledge developed to practical sessions understanding the importance of working aerobically or anaerobically	**Skills** Develop knowledge of different types of practice – develop in practical sessions
	Knowledge Components of fitness Health ,Fitness and Exercise	**Knowledge** Principles of training Methods of training	**Knowledge** Long term effects of exercise	**Knowledge** Injuries Performance enhancing drugs	**Knowledge** G.A.S.E.D Commercialisation	**Knowledge** Sporting Behaviours Deviance in sport

Physical Education GCSE 2022 – 2023 Year 11

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 11 Intent	***Movement Analysis (Paper 1: Fitness and Body Systems)*** Lever system – first, second and third class levers Mechanical advantage in sport and physical activity Movement possibilities at joints; utilisation of movement in physical activity Joint classification and impact on movement axes Planes and axes – generalised movement patterns	Revision of year one content Diet and optimum weight Musculo- skeletal system Cardiovascular – respiratory System	Revision of Year Two content Fitness tests / components of fitness / methods of training/ principles of training	Exam Technique		
	Assessment AO1, AO2, A03 1. Movement Analysis	**Assessment A01,A02,A03**	**Assessment A01,A02,A03**	**Assessment A01,A02,A03**		
	Skills	**Skills**	**Skills**	**Skills**		
	Knowledge Movement Analysis	**Knowledge**	**Knowledge**	**Knowledge**		

The Physical Education GCSE Course

Component 1 36%	Component 2 24%	Component 3 NEA 30%	Component 4 NEA 10%
Written examination: 1 hour and 45 minutes 36% of the qualification 90 marks **Content overview** Topic 1: Applied Anatomy and Physiology Topic 2: Movement Analysis Topic 3: Physical Training Topic 4: Use of Data	Written examination: 1 hour and 15 minutes 24% of the qualification 70 marks **Content overview** Topic 1: Health, Fitness and Well-being Topic 2: Sport Psychology Topic 3: Socio-cultural Influences Topic 4: Use of Data	Non-Examined Assessment (NEA): internally marked and externally moderated 30% of the qualification 90 marks (30 marks per activity) **Content overview** Skills during individual and team activities General performance skills **Assessment overview** The assessment consists of learners completing **three** physical activities from a set list. One must be a **team** activity. One must be an **individual** activity. The final activity can be a **free** choice.	NEA: internally marked and externally moderated 10% of the qualification 20 marks **Content overview** Aim and planning analysis Carrying out and monitoring the PEP Evaluation of the PEP **Assessment overview** The assessment consists of learners producing a PEP. Learners will be required to analyse and evaluate their performance. These will be assessed by the tutor and moderated by Pearson.