

PE GCSE Curriculum Plan

Classes	Year 10	Year 11	
Cycle 1	Component 2: Health and Performance Topic: Health, Fitness and Wellbeing & Sport psychology	Component 1: Fitness and body systems Topic: Applied anatomy and physiology	
	<ul style="list-style-type: none"> ➤ Physical, emotional and social health ➤ Lifestyle choices ➤ Impact of lifestyle choices ➤ Sedentary lifestyles and consequences ➤ Balanced diet and the role of nutrients ➤ Diet manipulation for sport ➤ Macronutrients, Micronutrients ➤ Optimum weight 	<ul style="list-style-type: none"> ➤ Energy balance ➤ Classification of skills ➤ Forms of practice ➤ Types of guidance ➤ Mental preparation for performance; types of feedback ➤ Mental rehearsal ➤ Types of feedback ➤ Goal setting 	<ul style="list-style-type: none"> ➤ aerobic and anaerobic exercise and short term effects of exercise ➤ short term effects on the muscular system ➤ Short term effects on the cardiovascular system ➤ short term effects on the cardio-respiratory system ➤ Effects and benefits of exercise to the skeletal system
	Career opportunities Nutritionist – diet Coach – types of feedback and guidance	Career opportunities link Sports science – cardiovascular and respiratory systems	
	Component 2: Health and Performance Topic: Socio-Cultural Influences	Component 1: Fitness and Body Systems Topic: Physical Training	
<ul style="list-style-type: none"> ➤ Commercialisation and the media ➤ Advantages of commercialisation ➤ disadvantages of commercialisation ➤ Socio economic groups, Gender/age, Ethnicity/disability ➤ Factors affecting participation in physical activity 	<ul style="list-style-type: none"> ➤ Sporting behaviour ➤ Gamesmanship ➤ Sportsmanship ➤ Deviance in sport ➤ PEDS (comp 1) ➤ Participation rate trends – use of data 	<ul style="list-style-type: none"> ➤ Structure of the skeletal system ➤ Classification of joints ➤ Movement possibilities at joints ➤ Joint classification and impact on movement axes ➤ Utilisation of movement in physical activity 	
Assess Week & Review Consolidate & Extend	Component 2 mock paper (without the 9 mark question) Go through results, identify area's for improvement, link to personalised revision plan for each pupil	Component 1 and 2 full mock paper Go through results, identify area's for improvement, link to personalised revision plan for each pupil	

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Cycle 2	Component 1: Fitness and Body Systems		Component 1: Fitness and Body Systems
	Topic: Applied anatomy and physiology		Revision skills
	<ul style="list-style-type: none"> ➤ Functions of the skeletal system ➤ Classification of bones ➤ Structure of the skeletal system ➤ Classification of joints ➤ Movement possibilities at joints ➤ Ligaments, tendons and muscle types ➤ Classification of roles of muscles ➤ Location and roles of key muscles ➤ voluntary muscles ➤ Antagonistic muscles ➤ Fast and slow twitch muscle fibres ➤ function of cardiovascular system 	<ul style="list-style-type: none"> ➤ Structure of cardiovascular system ➤ Arteries, capillaries and veins ➤ Vascular shunting ➤ Plasma, platelets, blood cells ➤ Respiratory system – composition of air; lung volumes ➤ Structure and function of alveoli ➤ Gaseous exchange ➤ Components of blood and their significance for physical activity ➤ Location and roles of principal components of respiratory system ➤ Identification, prevention and treatment of injury ➤ Exam technique including 9 mark question structure ➤ A01, A02, A03 ➤ 	<ul style="list-style-type: none"> ➤ Revision and exam technique ➤ Extended questions ➤ 9 mark structure (A01, A02, A03)
	Career opportunities Physio – muscles, injuries, treatment of injuries		Career opportunities Sixth form courses on offer, A Level PE, Btec Sport
Assess Week & Review Consolidate & Extend	Component 1 mock paper (including the 9 mark question) Go through results, identify area's for improvement, link to personalised revision plan for each pupil		Component 1 and 2 full mock paper Go through results, identify area's for improvement, link to personalised revision plan for each pupil

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	Component 4 – PEP coursework	Component 1: Fitness and Body Systems
Cycle 3	<ul style="list-style-type: none"> ➤ An introduction to using a PEP to develop fitness, health and exercise and performance ➤ PARQs; warm ups and cool downs ➤ Components of fitness ➤ Fitness tests – theory and practice ➤ Principles of training ➤ Methods of training ➤ Thresholds of training ➤ Application of principles of training to a PEP ➤ Application of methods of training to a PEP 	Component 2: Health and Performance Component 1 exam Component 2 exam
	Careers GROWS Careers trip to a university that will include: S&C session Practical Tour Speech from athlete and Q & A	
Assess Week & Review Consolidate & Extend	Coursework assessed (component All coursework handed in and signed off	